The Ultimate Salad Recipe Collection

24-Hour Slaw

3/4	cup	sugar
1	lg. head	cabbage -- shredded/not chopped
2	lg	red onions -- thinly sliced
		Hot Dressing -- see below

Stir sugar into cabbage. Place half of the cabbage in a large bowl. Cover with onion slices. Top with the remaining cabbage. Pour boiling hot dressing over slowly. Do not stir. Cover and refrigerate at once. Chill 24 hours. Stir well before serving.

HOT DRESSING

1 teaspoon celery seeds
1 teaspoon sugar
1 teaspoon dry mustard
1 1/2 teaspoons salt
1 cup cider vinegar
1 cup oil

Combine celery seeds, sugar, mustard, salt, and vinegar in saucepan. Bring to a rolling boil. Add oil, stirring, and return to rolling boil. Makes about two cups.

Adreana's Greek Pasta Salad

1	pound	rotini
1	pound	boneless skinless chicken breasts
3	stalks	celery -- chopped
1		red bell pepper -- chopped
2 1/4	ounces	black olives -- sliced
4	ounces	feta cheese -- drained & crumbled
3		green onions -- finely sliced
16	ounces	Italian salad dressing

Cook chicken in water to cover with 1 bay leaf. Bring to boil and cook for 30 min. or until juices run clear. Cool and remove skins. Or, you can cook chicken in frying pan until cooked through. Cut into bite size pieces. Cook noodles and drain. Add all ingredients and mix well. I use only about half the bottle of dressing and then put the rest on the table if someone wants more. Serve warm or cold. Serves 6

Aegean Artichoke & Penne Pasta Salad

6		fresh baby artichokes
1/4	cup	lemon juice
1/2	pound	penne pasta
1/2	cup	tomato juice
2	tablespoons	olive oil
		Juice of one lemon
2	cloves	garlic -- minced
3	tablespoons	fresh parsley
3	tablespoons	fresh basil -- or 1 tsp. dried
1/2	teaspoon	salt
1/4	teaspoon	black pepper
1/2	cup	fresh tomato -- chopped
1/2	cup	olives -- Kalamata
2	tablespoons	capers
1/2	cup	feta cheese -- optional

1. Cut stems off artichokes. Peel off tough outer leaves to reveal yellow-green hearts. Cut artichokes into quarters. Combine 1/4 cup lemon juice with 2 cups water in a medium bowl. Add artichokes to lemon water and toss to prevent discoloration. Drain. Steam artichokes until tender, about 20 minutes. chill.

2. In a large pot, bring 2 quarts water to a rapid boil. Add 1 teaspoon salt and penne. Cook penne until al dente, about 10 minutes. Drain and rinse with cold water.

3. To make salad dressing: combine tomato juice, olive oil, lemon juice, garlic, parsley, basil, salt and pepper in a food processor or blender and puree for 30 seconds.

4. Toss together artichokes, penne, capers, olives and feta cheese in a large bowl salad bowl. Pour dressing over and toss well.

ANOTHER BEAN SALAD

1	cup	Sugar
1/2	teaspoon	Salt
1	cup	Vinegar
16	ounces	Green beans, can -- drained
16	ounces	Yellow beans, can -- drained
16	ounces	Lima beans, can -- drained
16	ounces	Garbanzo beans, can -- drained
16	ounces	Red kidney beans -- drained
1	each	Green pepper -- slivered
4	each	Celery -- sliced
3	each	Onions, medium -- sliced thin

Combine sugar, salt vinegar in pan, bring to boil for 1 min. Cool. Toss all other ingredients together and pour the vinegar mixture over them. Marinate for 24 hrs in refrigerator, stirring occasionally. Cal: 313.

Antipasto Salad

16	oz. pkg	fresh/frozen cheese tortellini
4	ounces	chopped salami
4	ounces	provolone cheese, cut into -- 2 x 1/4" strips
11	oz. can	corn -- drained
9	oz. package	frozen spinach, thawed -- squeezed to drain
6	oz. jar	marinated artichoke hearts -- drained/chopped
6	ounce can	pitted ripe olives -- drained/sliced
1 1/2	cups	prepared creamy Italian salad dressing
1	teaspoon	Dijon mustard
1/2	cup	grated Parmesan cheese
2	ounce jar	diced pimiento, drained -- if desired

Cook tortellini to desired doneness as directed on package; drain, rinse with cold water. In very large bowl, combine tortellini, salami, provolone cheese, corn, spinach, artichoke hearts and 1 cup of the olives. In small bowl, combine salad dressing, mustard and 1/4 cup of the Parmesan cheese; blend well. Pour dressing over salad; toss gently. Top with remaining olives and Parmesan cheese. Cover; refrigerate 1 - 2 hours to blend flavors. Just before serving, garnish with pimiento

Apple and Fennel Salad

5	ounces	Fresh Spinach
1	each	Small Fennel Head -- sliced
2	each	Medium Granny Smith Apples
1	each	Small Red Onion -- sliced

* The Granny Smith apples should be peeled and cubed. Kuwait has been liberated. Thoroughly wash spinach, removing fibrous stems. Dry and place in salad bowl. Add fennel, apples and onions. Toss with Celery Seed Dressing. Trim with fennel tops. 6 servings.

Apple and Fennel Salad

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1	each	Small Fennel Head -- sliced
2	each	Medium Granny Smith Apples
1	each	Small Red Onion -- sliced

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Apple Cider Salad

2	packages	gelatin powder -- unflavored
2	cups	apple cider
1/4	teaspoon	salt
2	cups	apples -- diced
1/4	cup	black walnuts -- chopped
1	tablespoon	chopped parsley
		cooking oil
		lettuce leaves -- for decoration

1. Put 1/2 cup cold water into a small bowl. Sprinkle two envelopes (2 tablespoons) of unflavored gelatin on water. Let stand 5-10 minutes to soften.

2. Heat 2 cups apple cider until very hot; add salt. Remove from heat and immediately add softened gelatin. Stir until gelatin is completely dissolved. Have a 1 quart mold lightly greased with cooking oil. Do not use olive oil. Spoon about 1/2 cup of gelatin mixture into mold and place in refrigerator.

3. Chill remaining mixture until slightly thicker than consistency of unbeaten egg white. Just before large bowl of gelatin is desired consistency, dice apples and chop walnuts and parsley. Add this to the gelatin and place into the mold which already has thin bottom layer of gelatin. Chill until set.

4. Unmold onto serving plate which has been decorated with lettuce leaves; curly endive is a good choice.

Apricot Salad

		STEP 1:
2	small	or 1 large box of apricot jello
1	large jar	apricot baby food (8-10 oz)
1	can	crushed pineapple -- (16 oz) drained (retain juice!)
		STEP 2:
1	pkg	cream cheese -- (8 oz)
1	pkg	dreamwhip (1 envelope)
		STEP 3:
3/4	c	sugar
1	Tbsp	flour (heaping)
1		egg
1	Tbsp	butter
1	c	pineapple juice (add water to juice retained to make a full cup)

Step 1: Mix jello with only 3 1/2 cups of water. Add baby food and pineapple. Chill until FIRM in an 11x14 inch pan.

Step 2: Prepare dream whip as directed. Beat in cream cheese. Spread on jello and chill until FIRM.

Step 3: Combine and cook until thick. Cool. Spread on top and chill.
***pineapple in own juice works the best!

Artichoke Salad

4	Each	Fresh artichoke hearts
1	Tablespoon	Wine vinegar
2	Cups	Artichoke hearts, quartered
1	Teaspoon	Louisiana hot sauce
1	Each	Small garlic clove
2	Teaspoons	Salt
1	Teaspoon	Lea & Perrins
3	Tablespoons	Olive oil
1	Tablespoon	Lemon juice

In a wooden salad bowl, mash garlic and salt with a strong fork. Add fresh artichoke hearts, and mash with the garlic and salt. Add olive oil, stir, add lemon juice, stir, add wine vinegar, stir, stir, add hot sauce, stir, add Lea & Perrins Worcestershire sauce, Mix well.Put canned artichoke hearts in dressing and let marinate for 1 hour, then eat as is or serve on a bed of greens.

Autumn Fruit Salad

2		red delicious apples
1		sliced bananas
1		Granny Smith apple
2		Bartlett pears
1/2	pound	red grapes
1/2	cup	almond slivers -- toasted
1	cup	vanilla yogurt
1	teaspoon	cinnamon
1/4	teaspoon	ground ginger
1/2	teaspoon	nutmeg
1	tablespoon	apple cider

Wash and core apples and pears, peeling if desired. Cut into one inch chunks. Slice bananas 1/2" thick. Wash grapes and cut in half. Combine fruits and almonds in salad bowl. Mix yogurt with spices and cider. Pour over fruit salad and stir to coat fruits evenly. Chill.

Autumn Jewels Gelatin Salad

1	cup	cranberries
2		apples
1/2	cup	sugar
6	ounces	red gelatin
15	ounces	crushed pineapple
1	cup	celery -- diced
1/2	cup	nuts -- chopped
2	cups	boiling water

* Use pecans, walnuts, or a mixture of both.

Chop the cranberries, apples and celery into small pieces. Drain the pineapple and save juice. Combine cranberries, apples and sugar; cover and refrigerate while preparing rest of salad.

Combine gelatin with boiling water and stir until dissolved. Add enough water or fruit juice (apricot nectar, strawberry nectar etc.) to pineapple juice to equal 1 cup. Add this to the gelatin mixture. Chill in refrigerator until slightly thickened.

Combine the cranberry-apple mixture with celery, drained pineapple and nuts. Stir into gelatin mixture. Pour into lightly greased mold or into individual serving molds. Chill until firm. Unmold and serve on a bed of lettuce or garnish with sour cream or slightly sweetened whipped cream and a very light sprinkling of cinnamon.

Serving Ideas : Serve with your Thanksgiving meal.

Avocado with Groundnut Dressing

2		avocados -- ripe
1	tablespoon	lemon juice
2	tablespoons	peanuts -- shelled
1/2	teaspoon	paprika
1/2	teaspoon	cinnamon
		cayenne -- to taste
		salt -- to taste
		fresh chives -- to garnish

Peel the avocados; cut out the stone and cut into cubes. Sprinkle with lemon juice and set aside. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds. Mix the peanuts and spices well. Sprinkle over the avocados with finely chopped chives.

Refrigerate until ready to serve.

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Bacon-Avocado Potato Salad

6	medium	boiling potatoes
2		avocados -- cubed
8	slices	bacon
1/2	cup	chopped onions -- chopped
1	tablespoon	fresh lime juice
1/2	cup	white wine
1/4	cup	cider vinegar
		salt
		black pepper
		paprika
1/4	teaspoon	mustard powder
2	tablespoons	fresh parsley -- chopped
1	tablespoon	fresh cilantro -- chopped

Boil potatoes in their skins. While potatoes boil, cube avocados and toss with lime juice. Chop bacon into one inch pieces and fry until crisp in a large skillet. Remove bacon to paper towels to drain. In bacon fat, saute onions until golden. Remove pan from heat and stir in wine, vinegar, mustard, and salt, pepper, and paprika to taste.

When potatoes are tender, drain, peel, and dice. While still warm, pour dressing over potatoes and toss. Allow to cool to room temperature. Fold in avocado, bacon, parsley, and cilantro. Serve at room temperature or chill one hour or longer.

BAJA CHICKEN PASTA SALAD

3/4	pound	Chicken Breast -- *
6	ounces	Dried Mixed Fruit -- **
1	cup	Ring Macaroni Or Orzo -- Raw
1	cup	Jicama -- Cubed
2		Green Onions/Tops -- Sliced
1/2	cup	Mayonnaise Or Salad Dressing
2	tablespoons	Sour Cream Or Plain Yogurt
1	teaspoon	Red Chiles -- Ground
1/4	teaspoon	Salt

* The chicken breast should be boneless, skinless and weigh about 3/4

** You should use 1 6-oz package of diced mixed fruit.

Heat enough salted water to cover the chicken breast (1/4 tsp salt to 1 cup of water) to boiling in a 4 quart Dutch oven. Add the chicken breast. Cover and heat to boiling, reduce the heat and simmer until the chicken is done, about 15 to 20 minutes. Remove the chicken with a slotted spoon.

Heat the water to boiling and add the fruit and ring macaroni or orzo gradually so that the water continues to boil. Boil, uncovered, stirring occasionally, just until the ring macaroni is tender, about 6 to 8 minutes or 10 minutes for the orzo, then drain. Rinse with cold water and drain again. Cut the chicken into 1/2-inch pieces and mix with the fruit, macaroni, jicama and onions. Mix the remaining ingredients and toss with the chicken mixture. Cover and refrigerate until chilled, at least 2 hours.

Balsamic Dressing

3/4	cup	Water
1/4	cup	Balsamic vinegar
3	teaspoons	Capers
2	teaspoons	Dijon mustard
1 1/2	teaspoons	Dried basil
1	tablespoon	Fresh parsley -- chopped (opt)
		-----PER TBLSPOON-----
		*cals
		*mg sodium

Combine the ingredients. Adjust vinegar to taste, since it has a strong flavor. Store in a covered container in the refrigerator. Makes about 1 cup.

Note: If you don't have balsamic vinegar, you may substitute another kind. But, if this be the case, start with water and vinegar in equal proportions.

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Barbecue Cubes

3	ounces	Lemon Jell-O -- (1 Pkg.)
3/4	cup	-- Boiling Water
8	ounces	Tomato Sauce -- (1 can)
1 1/2	teaspoons	Vinegar
1/2	teaspoon	Salt
		Pepper -- Dash Of
1	tablespoon	Horseradish

Dissolve Jell-O in boiling water. Mix all other ingredients, and when Jell-O is at room temperature, add and mix well. Pour into oiled 8-inch square pan.

Chill until firm. Cut into cubes and serve atop salad to go with your barbecue.

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Chill until firm. Cut into cubes and serve atop salad to go with your barbecue.

Basic Potato Salad

2	pounds	new potatoes
1/2	pound	mushrooms
3		green onions
3	stalks	celery
3	tablespoons	vinegar
2		hard-boiled eggs
2	tablespoons	Dijon mustard
1/4	cup	mayonnaise
		Salt, pepper

Cover potatoes in pan with cold water and bring to boil over high heat. Cook until potatoes are tender. Meanwhile, thinly slice mushrooms, onions and celery and combine in mixing bowl. When potatoes are tender, drain and halve or quarter potatoes, depending on size and add to bowl. Sprinkle with vinegar. Cover and refrigerate. When cool, chop eggs and add to bowl.

Add mustard and mayonnaise, and season to taste with salt and pepper, mixing everything together gently.

Bavarian Potato Salad

4	cups	Potatoes -- *
2	cups	Chicken broth -- **
1/2	teaspoon	Salt
1/4	cup	Vegetable oil
1/3	cup	Onion -- chopped
1/2	teaspoon	Sugar
2	tablespoons	Lemon juice
		Pepper -- as desired

*Potatoes should be peeled and sliced 1/4-inch thick. ** Chicken broth may be either home made or commercial.

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.

Bavarian Sausage Salad

1/2	pound	Knockwurst -- cooked / cooled
2	each	Pickles -- small
1	each	Onion -- medium
3	tablespoons	Vinegar
1	tablespoon	Mustard -- prepared *
2	tablespoons	Vegetable oil
1/2	teaspoon	Salt
1/4	teaspoon	Pepper
1/4	teaspoon	Paprika
1/4	teaspoon	Sugar
1	tablespoon	Capers
1	tablespoon	Parsley -- chopped

* Mustard must be the strong Djon or Gulden Type.

Cut the knockwurst into small cubes. Mince the pickles and onion. Mix together the vinegar, mustard and oil. Add salt, pepper, paprika and sugar. Adjust seasonings if desired. Add the capers; mix well. Stir in the chopped knockwurst, pickles, and onions. Just before serving, garnish with chopped parsley.

Bean and Tuna Salad

3	cups	Water
2	cans	Cannellini beans
1/3	cup	Olive oil
3	teaspoons	Red wine vinegar
1	teaspoon	Salt
		Fresh pepper to taste
1	medium	Red onion
12	ounces	Tuna -- drained

Directions: Mix together oil, vivegar, salt and pepper. Pour over beans and onion in a shallow bowl. Cover and refrigerate at least 1 hour. Transfer bean mixture to serving platter with slotted spoon. Break tuna into chunks and arrange on bean mixture.

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Bean Salad

1	cup	kidney beans -- dry
1	cup	lima beans -- dry
1	cup	pinto beans -- dry
1	cup	garbanzo beans -- dry
1	cup	green beans
1		red onion -- chopped
3	tablespoons	fresh chopped parsley
		freshly ground black pepper -- to taste
		-VINAGRETTE-
1/3	cup	virgin olive oil
3/4	cup	red wine vinegar
1	teaspoon	dry mustard
3	cloves	garlic -- minced
2	teaspoons	oregano

Soak all dry beans overnight in water to cover. Rinse and place in a large pot and fill with water to cover. Cook for 1 hour,or until done, then turn heat off and add green beans. let sit in the hot water for 30 minutes. Drain. Mix in the onion, parsley, pepper and vinaigrette. Refrigerate overnight.

Vinaigrette: Whisk all ingredients together and pour over salad.

Berried Avocado Grapefruit Salad

		Bibb lettuce
		Watercress
2		avocados -- seed, peel, slice
2	cups	grapefruit sections
1	cup	fresh raspberries
		Prepared sweet vinegar and oil dressing

Line serving platter or individual salad plates with lettuce and watercress. Arrange avocado, grapefruit and raspberries over and sprinkle with dressing.

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BLACK & WHITE BEAN SALAD

2	cups	Red onions -- finely chopped
2	tablespoons	Olive or Vegetable Oil
1/3	cup	Red Wind Vinegar
1/4	cup	Chopped Red Pepper
2	tablespoons	Minced Parsley
20	milliliters	Garlic -- Minced
2	tablespoons	NutraSweet (or) Spoonful (tm)
1/4	teaspoon	Salt
1/4	teaspoon	Pepper
1	cup	15 oz. Great Northern Beans -- Rinsed and Drained
1	cup	15 oz, Black Beans -- Rinsed and Drained

Saute Onions in oil until crisp-tender in a medium skillet; Remove from heat and cool until warm. Stir in vinegar, red pepper, parsley, garlic, NutraSweet (or) Spoonfull (tm), salt and pepper.

In a serving bowl put the beans, (both types) and pour the onion mixture over them. Mix well and serve.

Makes 8 servings

BLACK BEAN & RICE SALAD

2	cups	Cooked rice -- cooled to room tempe
1	cup	Cooked black beans
1	cup	Chopped fresh tomato
2	ounces	Cheddar cheese (optional) -- - shredded
1	tablespoon	Snipped fresh parsley
1/4	cup	Light Italian dressing
1	tablespoon	Fresh lime juice
		Lettuce leaves

Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.

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BLACK BEAN AND CORN SALAD

2	cups	Dried black beans -- - (picked over and r
30	ounces	-Canned black beans -- - (rinsed and draine
1/3	cup	Freshly squeezed lime juice
1/2	cup	Olive oil
1		Garlic clove -- minced
1	teaspoon	Fine sea salt
1/8	teaspoon	Cayenne pepper
2		Ears corn -- - (kernals cut off)
1 1/2	cups	-(thawed) Frozen corn
1		Avocado -- - peeled, stone remo cut into 1/2-inch pieces
1	small	Red bell pepper -- seeded and cut into 1/2" pieces
2	medium	Tomatoes -- - cut into 1/2-inch
6		Green onions -- with tops finely chopped
1		Fresh hot chile pepper -- - seeded and minced
1/2	cup	Coarsely chopped cilantro -- - (optional)

If using dried beans, place the beans in a large bowl and add enough water to cover by 2 inches. Place the bowl in a cool place and let the beans soak for 6 to 12 hours. Drain and rinse the beans.

Put the beans into a large pot and add enough fresh water to cover the beans by 1 inch. Bring to a simmer over medium high heat, reduce the heat, cover, and simmer until the beans are barely tender. 1-1/2 to 2 hours (depending on the age of the beans). Thoroughly drain the beans and let them cool.

Put the lime juice, olive oil, garlic, salt, and cayenne in a small jar. Cover with the lid and shake until the ingredients are well mixed.

In a salad bowl, combine the cooked or canned beans, corn, avocado, bell pepper, tomatoes, green onions, chile pepper, and cilantro. Shake the Lime Dressing and pour it over the salad. Stir until well coated. (The salad can be prepared a few hours ahead, but don't add the avocado until serving time. Refrigerate, and adjust the seasonings before serving.)

Makes 4 to 5 main-course servings or 8 to 10 side-dish servings.

BLACK BEAN AND RICE SALAD

2	cups	Cooked or canned black beans -- - (rinse & drained c
2	cups	Cooked rice
1 1/2	cups	Fresh cilantro
1/4	cup	Lime juice
3/4	cup	Oil
1/2	cup	Chopped onion
2		Garlic cloves -- crushed
		Salt
		Freshly ground black pepper

Mix the beans, rice, and cilantro together in a bowl. Place the lime juice in a small bowl and whisk in the oil. Add the onion and garlic and toss with the rice and beans. Add salt and pepper to taste.

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Mix the beans, rice, and cilantro together in a bowl. Place the lime juice in a small bowl and whisk in the oil. Add the onion and garlic and toss with the rice and beans. Add salt and pepper to taste.

BLACK BEAN AND RICE SALAD (VEGAN)

2	cups	Cooked rice -- cooled
1	cup	Cooked black beans
1	cup	Chopped tomatoes
1/2	cup	Cheddar cheese, shredded -- op
1	tablespoon	Fresh parsley -- snipped
1/4	cup	Low calorie italian salad dr
1	tablespoon	Fresh lime juice
		Lettuce leaves

Leftover black beans and rice combine to make a great lowfat, low cholesterol salad. Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.

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BLACK BEAN AND SALSA SALAD

1/2	can	(15 oz) corn -- drained
1/2	can	(15 oz) Black beans -- drained
3/4	cup	Celery -- chopped
1/4	cup	Green onion -- chopped
1/8	cup	Cilantro -- chopped
6	ounces	Salsa
1/8	cup	Red wine vinegar

In a large bowl, comine first five ingredients; mix well. Blend salsa and vinegar. Pour over salad and toss well. Cover and chill. Spoon onto lettuce leaves.

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BLACK BEAN RELISH II

2/3	cup	Black beans -- cooked until tender and drained
1/2	bn	Cilantro -- chopped
1/2	cup	Corn
1/3	cup of	Red bell peppers; seeded -- and diced the size the beans
2	tablespoons	Olive oil
1		Lime -- juiced
2	dashes	Tabasco sauce (or to taste)
		Salt (to taste)
		Pepper (to taste)

In a medium bowl place all of the ingredients and stir them together. Let the relish sit for 1 hour before serving it.

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		Salt (to taste)
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In a medium bowl place all of the ingredients and stir them together. Let the relish sit for 1 hour before serving it.

Black Bean Salad

2	can 15 oz	black beans -- rinsed and drained
6		scallions -- thinly sliced
1	cup	cherry tomatoes -- quartered
1	small	yellow bell pepper -- seeded and diced
2		jalapeno peppers -- seeded and chopped
1/4	cup	cilantro -- finely chopped
1/4	cup	sherry vinegar
2	tablespoons	olive oil
1	teaspoon	dijon mustard
1	teaspoon	cumin -- ground
1/2	teaspoon	oregano -- dried
		salt and pepper -- to taste

Toss all together and chill for at least an hour.

Black Bean Salad

2	can 15 oz	black beans -- rinsed and drained
6		scallions -- thinly sliced
1	cup	cherry tomatoes -- quartered
1	small	yellow bell pepper -- seeded and diced
2		jalapeno peppers -- seeded and chopped
1/4	cup	cilantro -- finely chopped
1/4	cup	sherry vinegar
2	tablespoons	olive oil
1	teaspoon	dijon mustard
1	teaspoon	cumin -- ground
1/2	teaspoon	oregano -- dried
		salt and pepper -- to taste

Toss all together and chill for at least an hour.

BLACK BEAN SALAD WITH ORANGES

3	each	Garlic cloves -- minced
1/2	each	Red onion -- chopped
1/2	each	Red bell pepper -- diced
1/2	each	Yellow bell pepper -- diced
1	teaspoon	Cumin
2	teaspoons	Coriander
		Juice of 4 limes
1/2	cup	Olive oil
1	each	Jalapeno pepper -- minced
2	cups	Cooked black beans
1	tablespoon	Cilantro
2	each	Oranges, peeled -- sectioned

Combine first nine ingredients in order in large bowl. Toss on beans & oranges. Mix to coat. Season to taste with salt & pepper.

BLACK BEAN SALAD WITH ORANGES

3	each	Garlic cloves -- minced
1/2	each	Red onion -- chopped
1/2	each	Red bell pepper -- diced
1/2	each	Yellow bell pepper -- diced
1	teaspoon	Cumin
2	teaspoons	Coriander
		Juice of 4 limes
1/2	cup	Olive oil
1	each	Jalapeno pepper -- minced
2	cups	Cooked black beans
1	tablespoon	Cilantro
2	each	Oranges, peeled -- sectioned

Combine first nine ingredients in order in large bowl. Toss on beans & oranges. Mix to coat. Season to taste with salt & pepper.

BLACK BEAN WITH PEPPERS & CUMIN VINAIGRETTE

1 1/4	cups	Dried black beans -- soaked
4	cups	Water
1	each	Bay leaf
1/2	teaspoon	Salt
1	tablespoon	Red wine vinegar
1	each	Clove garlic -- minced
1/4	teaspoon	Cumin
1	teaspoon	Hot pepper sauce
1	tablespoon	Chopped cilantro
2	tablespoons	Olive oil
1/2	each	Red pepper -- diced
1/2	each	Yellow pepper -- diced
1/2	each	Green pepper -- diced
1	each	Red onion -- diced
4	each	Scallion -- thinly sliced

Drain beans & rinse well. Put in a large pot with the water & bay leaf. Bring to a boil & simmer for 1 to 1 1/2 hours. Drain.

Combine salt, vinegar, garlic, cumin, hot pepper sauce, cilantro & olive oil in a small bowl. Pour over warm beans. Toss well. Add remaining ingredients. Toss gently, garnish with fresh cilantro & serve at room temperature.

BLACKENED CHICKEN WITH CAESAR SALAD

			-----FOR CHICKEN-----
1			Bottle prepared Italian Dressing (8oz)
	1/2	cup	Dry white wine
4			Chicken breasts halves Skinned and de-boned
1		tablespoon	Dried marjoram leaves
1		tablespoon	Dried oregano leaves
1		tablespoon	Dried thyme leaves
1		teaspoon	Salt
1		teaspoon	Black pepper -- freshly ground
	1/2	teaspoon	Ground red cayenne pepper
	1/2	cup	Butter or margarine -- melted
			-----FOR SALAD-----
1		can	2 oz Anchovies
3		tablespoons	Fresh lemon juice
1		tablespoon	Worcestershire sauce
1		tablespoon	Fresh parsley -- chopped
1		teaspoon	Dijon style mustard
	1/2	teaspoon	Freshly ground black pepper
1			Garlic clove -- crushed
	1/4	cup	Olive oil
2		tablespoons	Parmesan cheese -- grated fresh
10		cups	Salad greens -- mixed

BLACKENED CHICKEN Stir dressing and wine in shallow dish to blend; add chicken; marinate 1 hour, turning several times. Grind marjoram, oregano, thyme, salt, black pepper and ground red pepper to fine powder in coffee or spice grinder or mini chop food processor. Spread mixture on plate. Heat 12 inch cast iron skillet over high heat until smoking, 5 to 10 minutes.

Drain chicken; dip into seasoning mixture to coat both sides, shaking off excess. Place in hot skillet; pour 2 T butter over each piece. Reduce heat to medium; cook chicken 3 to 5 minutes on each side until cooked through. Serve chicken, sliced, on top of caesar salad. CAESAR SALAD: Use a fork to mash the anchovies into a paste in a small bowl; stir in the lemon juice, worcestershire sauce, chopped fresh parsley, dijon style mustard, freshly ground black pepper and the crushed garlic. Whisk in the cup olive oil, slowly; stir in the freshly grated parmesan cheese. Pour the dressing over mixed salad greens in a large bowl; toss thoroughly to coat.

Blue Cheese Potato Salad

		-----Mix together-----
2	bunches	green onions -- washed and chopped
5	stalks	celery -- chopped
1/2	cup	fresh dill -- chopped
1	cup	mayonnaise
1	cup	sour cream
2	teaspoons	lemon juice
		Salt and pepper to taste
		---Add about-----
1/2	cup	crumbled blue cheese -- to 3/4, and mix well

Let mixture sit overnight (very important), as the blue cheese needs to blend with the dressing. Then, toss dressing with about 5 pounds of cooked, cut potatoes, more salt, and a little vinegar. I use small red potatoes, and then cut them into quarters or sixths if they are larger. I cut them first and then cook them, just until they are done, and then rinse them in cold water to stop cooking. Then I usually toss them with a little vinegar and salt - remember, potatoes SOAK up salt.

Blue Cheese Salad

1	cup	Sour cream
1	cup	Mayonnaise
1	tablespoon	Dry mustard
1	tablespoon	Oregano
1	tablespoon	Fresh ground black pepper
4	ounces	Blue cheese
1/2	tablespoon	Garlic oil
1	tablespoon	Lemon juice
1	each	Package fresh spinach

Blend the sour cream and mayonnaise together in a bowl. Stir in the mustard, oregano and black pepper. Crumble the blue cheese and stir into the dressing.

Add the garlic oil and lemon juice and whisk into the dressing. Pour some of the dressing over the spinach and serve. When we are off our collective diet, we can add other garnishes such as cheese, sprouts, croutons, bacon ....the list of fattening goodies will be endless. Yield 6-8 portions

BONNIE'S POTATO SALAD

1/2	cup	Salad oil
1	cup	Salad dressing
1	tablespoon	Mustard
2	tablespoons	Vinegar
2	tablespoons	Sugar
8	each	Potatoes cooked, peeled -- and
1/2	cup	Onion-chopped
1/4	cup	Pickles-chopped
2	each	Celery-chopped
3	each	Eggs -- hard-cooked and chop
1	teaspoon	Celery seed
		Salt -- to taste
		Pepper -- to taste

In bowl, mix together oil, salad dressing, mustard, vinegar, and sugar. In large bowl, place diced potatoes. Add onions, pickles, celery, celery seed, and eggs. Salt and pepper to taste. Add dressing. Toss lightly to coat.

BOSTON BEAN SALAD

1		15 oz can navy beans Drained and rinsed
1		15 oz can red beans -- drained And rinsed
1		15 oz can black beans Drained and rinsed
2		Stalks celery -- sliced (about
1		Cup)
1/2	cup	Thinly sliced green onion
1/2	cup	Vinegar [or more]
1/4	cup	Molasses
1	tablespoon	Dijon-style mustard
1/4	teaspoon	Pepper
2	cups	Torn curly endive

In a large bowl, combine beans, celery, and green onion. For dressing, combine vinegar, molasses, mustard and pepper, and mix well. Pour over bean mixture, stir to coat. Cover and chill for 4 to 24 hours (the longer the better!), stirring occasionally. Just before serving, stir in endive.

Broccoli Sesame Salad

1	head	broccoli
2	tablespoons	olive oil
1/4	cup	rice wine vinegar
1/4	cup	soy sauce
2	tablespoons	sesame oil
4	tablespoons	sesame seeds -- toasted

Wash broccoli, discarding leaves and toughest part of stem. Blanch entire head in boiling water for one minute. Rinse under cold water. Break off florets and cut remaining stem (peeled, if desired) into 2" pieces.

Preheat oven to 450 degrees. Pour olive oil onto a baking sheet. Spread broccoli pieces in one layer, turning to coat with olive oil. Roast at 450 degrees for 5 minutes, turn broccoli pieces over, and continue roasting until broccoli begins to brown, about 5 minute more.

Whisk together soy sauce, vinegar, and sesame oil. Stir in 3 tablespoons sesame seeds. When broccoli is done, transfer to a bowl and pour dressing over it, stirring gently to coat. Sprinkle with remaining tablespoon sesame seeds. Serve warm or at room temperature.

Broccoli Salad

1	each	Head of broccoli flowerets
3/4	cup	Shredded cheddar cheese
1/2	cup	Drained kidney beans
1/2	each	Basket of 1/2'd cherry tom
1	each	Small onion (cut thin)
3/4	cup	Sliced fresh mushrooms
1	package	Good Seasons Italian salad mix

Toss and marinate 4 hours or overnight.

Broccoli Salad

1	each	Head of broccoli flowerets
3/4	cup	Shredded cheddar cheese
1/2	cup	Drained kidney beans
1/2	each	Basket of 1/2'd cherry tom
1	each	Small onion (cut thin)
3/4	cup	Sliced fresh mushrooms
1	package	Good Seasons Italian salad mix

Toss and marinate 4 hours or overnight.

Buffet Make-Your-Own Salad

2		chickens -- cooked, * see note
4	cups	cooked rice
3	cans	chow mein noodles -- large cans
5	cups	gravy -- ** see note
3	cups	celery -- diced
10		green onions -- sliced
16	ounces	pineapple chunks in juice -- drained
2	cups	cheddar cheese -- shredded
1	cup	toasted almonds -- slivered
1 1/2	cups	toasted coconut
1	cup	black olives -- chopped

* Broiler-fryer chickens. Cook, skin, bone and cut into bite-sized pieces.
** Use chicken gravy or combination of broth, chicken soup and gravy.

Heat chicken and gravy together. Place in pretty serving or chafing dish. Place other items in a decorative fashion on buffet table. Guests can build their own salads using these ingredients.

This can be made in advance and stored separately, ready to assemble when needed.

Cabbage Fruit Salad With Sour-cream

2	cups	Cabbage; raw -- shredded
1	each	Apple; med., diced -- unpeeled
1	tablespoon	Lemon juice
1/2	cup	Raisins
1/4	cup	Pineapple juice
1 1/2	teaspoons	Lemon juice
1/4	teaspoon	Salt
1	tablespoon	Sugar
1/2	cup	Sour cream

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

Cabbage Fruit Salad With Sour-cream

2	cups	Cabbage; raw -- shredded
1	each	Apple; med., diced -- unpeeled
1	tablespoon	Lemon juice
1/2	cup	Raisins
1/4	cup	Pineapple juice
1 1/2	teaspoons	Lemon juice
1/4	teaspoon	Salt
1	tablespoon	Sugar
1/2	cup	Sour cream

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

Caesar Salad Dressing, Low cal

1/3	cup	Tofu
2	tablespoons	Lemon juice
1 1/2	teaspoons	Dijon mustard
1	each	Garlic clove -- minced
1	teaspoon	Anchovy paste -- or anchovy
1/4	teaspoon	Salt
1	pinch	Sugar -- pinch
1	pinch	Pepper
2	tablespoons	Parmesan cheese -- grated
1	tablespoon	Olive oil

In small saucepan of simmering water, poach tofu for 2 minutes; drain, chop coarsely and let cool. In blender, blend lemon juice, mustard, garlic, anchovy, salt, sugar and pepper. With blender running, gradually add tofu, cheese and oil. Transfer to small jar and refrigerate, covered, for up to 2 days. Makes 1/2 cup.

Cajun Coleslaw

5	tablespoons	Mayonnaise -- (heaping)
1	teaspoon	Louisiana hot sauce
2	tablespoons	Yellow mustard (heaping)
2	tablespoons	Ketchup
2	tablespoons	Olive oil
1	tablespoon	Wine vinegar
1	teaspoon	Garlic salt
1	tablespoon	Lea & perrins
1	each	Juice of mediums size lemon
3	teaspoons	Salt (to taste)
4	each	Bell peppers -- sliced
2	each	Onions, medium -- shredded
1	each	Large cabbage -- shredded

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so.

Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.

Calico Salad

1/2	cup	Sugar
1/2	each	Green pepper -- chopped
1/2	cup	Salad oil
1	each	Med. onion -- chopped or rings
1/2	cup	Vinegar
1	can	Cut green beans
1	teaspoon	Salt
1	can	Red kidney beans
1/2	teaspoon	Pepper
1	can	Yellow wax beans

Wash and drain kidney, green, and wax beans. Add chopped pepper and onion. Mix sugar, oil, vinegar, salt and pepper. Pour over salad. Chill.

Calico Salad

1/2	cup	Sugar
1/2	each	Green pepper -- chopped
1/2	cup	Salad oil
1	each	Med. onion -- chopped or rings
1/2	cup	Vinegar
1	can	Cut green beans
1	teaspoon	Salt
1	can	Red kidney beans
1/2	teaspoon	Pepper
1	can	Yellow wax beans

Wash and drain kidney, green, and wax beans. Add chopped pepper and onion. Mix sugar, oil, vinegar, salt and pepper. Pour over salad. Chill.

California Bean Sprout Salad

1	head	Romaine lettuce -- small head
1	head	leaf lettuce -- small head
1	cup	jicama -- cut in 2-inch strips
2	cups	bean sprouts -- cooked
1/4	cup	cider vinegar
1	teaspoon	sugar
1/4	tablespoon	salt
1/2	cup	cucumber -- diced
1		red pepper
1		avocado -- cubed
1		hard-boiled egg
1	teaspoon	sesame oil -- optional

Prepare the red pepper by washing, cut in half and remove seeds and membranes, cut into small strips.

Wash lettuce, spin or blot dry and place in plastic bag with a paper towel; seal bag and refrigerate.

Cut peeled jicama into strips such as French fry-size and refrigerate until serving time.

In saucepan, bring 1 quart water to a boil. Add the bean sprouts and blanch for two minutes. Remove and run under cold water briefly. Immerse in a bowl of ice water for one minute, drain well. Mash boiled egg or put through a sieve. Refrigerate.

In a small bowl, blend vinegar, sugar and salt. In a large bowl, combine bean sprouts, diced cucumbers, strips of red pepper and avocado cubes. Add 1 teaspoon of sesame oil if desired and blend this mixture well.

Add the vinegar mixture to the bean sprout mixture and toss to combine. Cover bowl tightly and refrigerate 1 hour.

To serve, tear lettuce into bite sized pieces and divide equally among 4-6 salad plates. Top with the sprout mixture, sprinkle with the chopped egg, and arrange the jicama strips on one side of salad. Needs no further dressing to be a delicious and healthy dish.

California Chicken Salad

2	cups	cooked chicken -- chopped
1/2	cup	Monterey jack cheese -- shredded
1/2	cup	cheddar cheese -- shredded
1		avocado -- diced
1/2	cup	olives -- chopped
1		tomatillos -- chopped
1/2	teaspoon	chili powder
1/4	teaspoon	garlic powder
1	teaspoon	onions -- chopped
		black pepper
2	tablespoons	mayonnaise
1	teaspoon	green chiles -- minced
2	teaspoons	sun-dried tomatoes, oil-packed -- minced

* A tomatillo is also known as a Mexican Cherry tomato.
** Use a dash of onion juice instead of minced onions if preferred.

Lightly mix the first 10 ingredients together. Moisten with mayonnaise, using more or less as desired. Mound in 4 decorative serving dishes, sprinkle the minced green chilies and minced sun-dried tomatoes on top. Chill for 1 hour.

Serve with corn chips or crisp-fried tortillas as a light lunch.

Carrot Raisin Salad

2	Tbsp	Raisins
1	Tbsp	Cider Vinegar
1	C	Carrots -- coarsely shredded
1/2	C	Pineapple Chunks In Juice -- drained
2	Tbsp	Pineapple Juice -- unsweetened
	dash	Ground Cinnamon
	dash	Ground Nutmeg

Combine raisins and vinegar in a med. bowl; let stand 15 min. Add carrot and pineapple tidbits; stir well. Combine pineapple juice, cinnamon, and nutmeg; pour over carrot mixture, and toss well. Cover and chill.

Carrot Raisin Salad

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1	Tbsp	Cider Vinegar
1	C	Carrots -- coarsely shredded
1/2	C	Pineapple Chunks In Juice -- drained
2	Tbsp	Pineapple Juice -- unsweetened
	dash	Ground Cinnamon
	dash	Ground Nutmeg

Combine raisins and vinegar in a med. bowl; let stand 15 min. Add carrot and pineapple tidbits; stir well. Combine pineapple juice, cinnamon, and nutmeg; pour over carrot mixture, and toss well. Cover and chill.

Catfish and Crawfish Mold

1	Cup	Chopped parsley
1	Cup	Cream cheese
1/2	Cup	Dry white wine
		Salt, to taste
1	Tablespoon	Lemon juice
1	Pound	Catfish meat, cooked
1	Teaspoon	Louisiana hot sauce
1	Pound	Crawfish meat, cooked
1	Tablespoon	Lea & Perrins

Chop catfish and crawfish in food processor. Add wine, parsley, lemon juice, and salt. Mix real well. Add hot sauce and Lea & Perrins Worcestershire sauce. Mix well. Add cream cheese. Mix well. Refrigerate overnight in a mold. Serve with crackers or on a bed of lettuce. You can use shrimp if crawfish aren't available.

Caesar for Two

1	each	Clove garlic -- minced
1	each	Head romaine lettuce
1	each	Tin Anchovies (Millionares)
		Croutons
4	each	Bacon chopped
2	tablespoons	Olive oil
2	tablespoons	White vinegar
2	tablespoons	Worcestershire
		Dash tobasco
		Lemon
2	each	Egg yolks
		Cappers
3	tablespoons	Parmasean cheese

Crush garlic in oil with fork in bowl. Add 1/2 can anchovies,capers & chop mince with oil. Separate egg yolks in small bowl and add to mixing bowl Add worcestershire sauce, lemon, tabasco, vinegar and bacon bits mix well. Let stand for 5 minutes. Toss salad and add croutons and cheese.

Caesar Salad

20	each	Large romaine leaves
1	each	Head lettuce
1	cup	French bread cut 1/2 in cube
1	each	Large garlic clove
1	each	Egg
1/4	teaspoon	Salt
1/2	each	Juice of one lemon
1/4	cup	Olive oil
1/2	teaspoon	Worcestershire sauce
1/4	cup	Grated romano cheese
1	each	Fresh ground pepper to taste

Wash and dry lettuce. Wrap and refridgerate. Warm bread cubes in 275 degree F oven, tossing until hard and dry but not burnt. Mash garlic into side of large salad bowl. Ease egg into boiling water and boil exactly 1 minute, then crack into bowl, breaking it up with fork. Add salt. Add lemon juice, olive oil and worcestershire. Mix well. (Makes about 1/2 cup dressing.) Add lettuce leaves, tossing to coat thoroughly. Add Romono and pepper. Toss again.
Arrange on 2 dinner plates. Garnish with croutons Makes 2.

Celery Seed Dressing

1/2	cup	Sugar
1/4	cup	Lemon Juice
2	teaspoons	Cider Vinegar
1	teaspoon	Dry Mustard
1/2	teaspoon	Salt
1/2	cup	Vegetable Oil
1	teaspoon	Celery Seed OR Poppy Seed

In blender container, combine all ingredients except oil and seed; blend until smooth. On low speed, continue blending, slowly adding oil. Stir in seed.

Chill to blend flavors. Makes about 1 cup. Suggested Serving is to serve with all types of fresh fruit salads.

Celery Seed Dressing

1/2	cup	Sugar
1/4	cup	Lemon Juice
2	teaspoons	Cider Vinegar
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In blender container, combine all ingredients except oil and seed; blend until smooth. On low speed, continue blending, slowly adding oil. Stir in seed.

Chill to blend flavors. Makes about 1 cup. Suggested Serving is to serve with all types of fresh fruit salads.

Cherry Coke Salad

40	ounces	Cherries; Dark, Pitted -- 2 cn
3	ounces	Jello -- Cherry Gelatin (1 pk
20	ounces	Pineapple; Crushed -- (1 Cn)
1	cup	Coca-Cola
1/2	cup	Chopped Pecans

Heat cherries and their juice to boiling. Remove from heat and add Jello. Stir. Add pineapple, juice and all. Pour in coke and nuts. Pour into an oiled 6-cup mold. Let cool, then refrigerate at least 2 hours or until set. Serve cold.

Cherry Coke Salad

40	ounces	Cherries; Dark, Pitted -- 2 cn
3	ounces	Jello -- Cherry Gelatin (1 pk
20	ounces	Pineapple; Crushed -- (1 Cn)
1	cup	Coca-Cola
1/2	cup	Chopped Pecans

Heat cherries and their juice to boiling. Remove from heat and add Jello. Stir. Add pineapple, juice and all. Pour in coke and nuts. Pour into an oiled 6-cup mold. Let cool, then refrigerate at least 2 hours or until set. Serve cold.

Cherry Tomato Salad

1	pint	cherry tomatoes
6		bacon slices
1/4	cup	mayonnaise
1	tablespoon	tarragon vinegar
2	tablespoons	olive oil
1/4	teaspoon	salt
1	tablespoon	fresh basil -- chopped
6	leaves	romaine lettuce
2	tablespoons	chives -- chopped

Wash and stem tomatoes. Dry completely. Cook bacon until very crisp; drain thoroughly on paper towels.

Mix mayonnaise, vinegar, olive oil, salt, and basil. Pour over tomatoes, crumble bacon over all, and stir to coat tomatoes with dressing. Serve on lettuce leaves, sprinkled with chives.

Serve at once or refrigerate until ready to serve.

Cherry Waldorf Gelatin

2	cups	Boiling Water
6	ounces	(1 pk) Cerry Flavor Gelatin
1	cup	Cold Water
1/4	cup	Lemon Juice
1 1/2	cups	Chopped Cored Apples
1	cup	Chopped Celery
1	cup	Chopped Walnuts Or Pecans
		Lettuce Leaves
		Garnishes*

* Garnishes to include Apple slices and/or celery leaves.

In medium bowl, pour boiling water over gelatin; stir until dissolved. Add cold water and lemon juice; chill until partially set. Fold in apples, celery and nuts. Pour into lightly oiled 6-cup mold or 9-inch square baking pan. Chill until set, 4 to 6 hours or overnight. Unmold on lettuce leaves and garnish as desired.

CHICKEN AND BLACK BEAN SALAD

30	ounces	Black beans; drain -- rinse
3	cups	Chicken; cooked -- cubed
6		Green onions -- sliced
1		Sweet red pepper -- chop
1		Sweet yellow pepper -- chop
2		Tomatoes -- coarse chop
1/4	cup	Coriander; chop -- fresh
		-----DRESSING-----
1		Jalapeno pepper -- minced
1	teaspoon	Grated lime rind
1/4	cup	Lime juice
10	milliliters	Garlic -- minced
1/4	teaspoon	Salt
1/4	teaspoon	Pepper
1/4	cup	Vegetable oil

Use canned black beans (15oz (425mL) per can) In large bowl, gently stir together black beans, chicken, onions, red and yellow peppers and tomatoes.

Dressing: in small bowl, whisk together jalapeno pepper, lime rind and juice, garlic, salt and pepper; gradually whisk in oil. Pour over salad; add coriander and toss gently.

CHICKEN BROCCOLI SALAD

1/3	cup	Uncooked Bulgur (1 C. Cooked Brown Rice May Be Substituted For Bulgur.)
2 2/3	cups	Boiling Water Divided
1	teaspoon	Chicken Bouillon Granules
10	milliliters	Garlic Crushed
1		(10 Oz.) Chicken Breast Skinned
1/2	cup	Broccoli Flowerets
2	tablespoons	Minced Green Onions
1	teaspoon	Lime Juice
1/4	teaspoon	Pepper
1/4	teaspoon	Crushed Red Pepper Flakes
1	teaspoon	Minced Gingerroot

Combine Bulgur & 2/3 C. Boiling Water in A Large Bowl; Let Stand 30 To 45 Min. OR Until Liquid Is Absorbed. Set Aside.

Combine Bouillon Granules, Garlic, & Remaining 2 C. Boiling Water in A Medium Saucepan. Bring To A Boil Over High Heat; Add Chicken. Cover, Reduce Heat & Simmer 20 Min. OR Until Chicken Is Tender. Remove Chicken & Let Cool. Discard Broth. Bone Chicken & Cut Into Bite Side Pieces, Combine With Reserved Bulgur. Steam Broccoli 5 Min. OR Until Crisp Tender.

Add To Chicken Mixture. Add Green Onions, Lime Juice Pepper, Red Pepperflakes & Gingerroot To Chicken Mixture, Tossing Well. Cover & Chill 2 To 3 Hours.

CHICKEN CAESAR SALAD

4		1 oz. slices French bread
		Vegetable cooking spray
1/2	teaspoon	Garlic powder
2	pounds	Boneless chicken breasts
1/3	cup	Fresh lemon juice
1/4	cup	Red wine vinegar
1	tablespoon	Olive oil
1	teaspoon	Anchovy paste
1/4	teaspoon	Fresh ground pepper
50	milliliters	Garlic
9	cups	Romaine lettuce
1/4	cup	Grated parmesan cheese

1. Trim bread crusts and discard.Cut bread into 1 inch cubes. Place cubes in a single layer on a baking sheet. Coat cubes with cooking spray; sprinkle with garlic powder; toss well. Bake at 350F for 15 minutes or until lightly browned and set aside.

2. Coat a large nonstick skillet with cooking spray; place over med-high heat until hot. Add chicken halves; saute 6 minutes on each side or until well done. Remove chicken from skillet; let cool. Cut chicken across the grain into thin slices; set aside.

3. Combine lemon juice and next 5 ingredients in container of an electric blender. Cover and process until smooth. Add 1/4 cup of the lemon juice mixture to the chicken; toss gently to coat.

4. In a large salad bowl, place the lettuce. Drizzle remaining lemon juice mixture over lettuce and toss well. Add the chicken mixture and cheese, and toss gently to coat. Serve with croutons.

CHICKEN CURRY RICE SALAD

1/2	cup	Plain yogurt
3	tablespoons	Curry powder -- divided
1		Garlic clove -- minced
1/2	teaspoon	Salt
1/4	teaspoon	Ground red pepper
4		Chicken breasts -- - (boneless, skinless
3	cups	Cooked rice -- cooled (cooked in chicken broth)
1	medium	Red pepper -- julienned
1/2	medium	Red onion -- sliced
1	cup	Snow peas -- julienned
2		Green onions -- sliced
1/3	cup	Raisins
1/4	cup	Unsalted peanuts -- chopped
1/4	cup	Light Italian dressing

Combine yogurt, 2 tablespoons curry powder, garlic, salt and ground red pepper in medium bowl; mix well. Place chicken in mixture; stir to coat.

Cover and marinate 4 to 6 hours in refrigerator. Grill or broil chicken and cut into strips; refrigerate. Combine rice, remaining 1 tablespoon curry powder, red pepper, red onion, snow peas, green onions, raisins and peanuts; mix well. Cover and refrigerate one hour. Pour dressing over salad; toss. To serve, place chicken strips over salad.

Chicken Salad

1	each	Small sweet pickle
1	each	1-inch piece onion
1	each	Cooked chicken breast -- cubed
1/3	cup	Mayonnaise
1/2	teaspoon	Sugar
1	dash	Salt
1	dash	Pepper

Place pickle and onion in blender or food processor. Process until finely chopped. Add chicken and process 3 fast pulses. Add remaining ingredients and process 2 fast pulses. Yield: 1 Cup

Chicken Salad

1	each	Small sweet pickle
1	each	1-inch piece onion
1	each	Cooked chicken breast -- cubed
1/3	cup	Mayonnaise
1/2	teaspoon	Sugar
1	dash	Salt
1	dash	Pepper

Place pickle and onion in blender or food processor. Process until finely chopped. Add chicken and process 3 fast pulses. Add remaining ingredients and process 2 fast pulses. Yield: 1 Cup

CHICKEN SALAD ASIAN-STYLE

4		Chicken breast halves -- cooked, skinned, boneless broken into small pieces
1	can	Water chestnuts (8 oz can) -- drained, sliced
3		Green onions with tops -- chopped
1/4	cup	Sesame seeds -- toasted
1/3	cup	Sliced almonds -- toasted
1	tablespoon	Poppy seeds
		Dressing
1	can	Chow mein noodles (3 oz can)
1		Medium head iceberg lettuce -- broken into small pieces

In large bowl, mix together chicken, water chestnuts, green onions, sesame seeds, almonds and poppy seeds. Pour Dressing over chicken mixture; toss gently to mix well. Refrigerate salad until chilled, about 2 hours.

At serving time, mix chicken mixture with noodles and lettuce. Makes 6 servings.

DRESSING: In a 1-pint jar, mix together 4 tablespoons sugar, 4 tablespoons cider vinegar, 1 teaspoon salt and 1/2 teaspoon pepper. Add 1/2 cup salad oil; shake to mix well.

Chicken Salad Mari

		---- Dressing: -----
3/4	cup	mayonnaise
2	teaspoons	Worcestershire sauce
1	tablespoon	fresh parsley -- chopped
1	tablespoon	chives -- chopped
1	teaspoon	fresh basil
2	tablespoons	black olives -- chopped
1/4	teaspoon	black pepper
		salt -- to taste
		---- Salad: -----
3	cups	chicken, light meat -- cubed
1	pint	cherry tomatoes
		Romaine lettuce leaves -- chopped

To prepare dressing, combine the dressing ingredients, blend well and refrigerate at least 30 minutes.

To assemble salad, tear romaine lettuce into bite sized pieces and place on individual serving plates. Mix cubed cooked chicken with chilled dressing; divide evenly on the lettuce. Cut cherry tomatoes in half and place around edges of salad. Serve with crisp croutons sprinkled on salad if desired.

If you wish to prepare the salad ahead of time, refrigerate the chicken, lettuce, tomatoes and dressing in separate covered containers and assemble just before serving.

Chicken Salad Supreme

1	cup	Mayo Or Salad Dressing
1/4	cup	Lime Juice
1	teaspoon	Salt
1/4	teaspoon	Ground Nutmeg
4	cups	Cubed Chicken Or Turkey
11	ounces	(1 cn) Mandarin Oranges *
1	cup	Seedless Green Grape Halves
3/4	cup	Chopped Celery
1/2	cup	Slivered Almonds -- Toasted

Drain Mandarin Orange segments. In large bowl, combine mayonnaise, lime juice, salt, and nutmeg. Add remaining ingredients; mix well. Chill. Serve on Lettuce leaves. Refrigerate leftovers.

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Drain Mandarin Orange segments. In large bowl, combine mayonnaise, lime juice, salt, and nutmeg. Add remaining ingredients; mix well. Chill. Serve on Lettuce leaves. Refrigerate leftovers.

CHICKEN SALAD WITH BLACK BEANS

1/4	cup	Fermented Chinese blk. beans
1	pound	Snow peas
1/4	cup	Dry sherry
1	cup	Low-sodium chicken broth
2	tablespoons	Finely minced garlic
2	teaspoons	Finely minced fresh ginger -- =OR=-
1	tablespoon	-Powdered ginger
4		Chicken breast halves -- (boned)
3	tablespoons	Salad oil
2	tablespoons	Dark sesame oil (optional)
1/4	bn	Cilantro

SOAK THE BLACK BEANS IN WATER for 15 minutes. Drain and discard water. Meanwhile, cook the snow peas in boiling salted water for 30 seconds. Immediately drain and plunge into ice water to chill. Drain again, dry on a towel, cut lengthwise into thin julienne strips and set aside. In a 2-quart saucepan, combine the black beans with the sherry and cook for 1 minute over high heat. Add broth, garlic and ginger and bring almost to a boil.

Reduce heat to low, add the chicken breasts, cover and simmer 4 minutes. Remove from heat and let the contents of the pan steep, covered, for 5 minutes. Remove the chicken breasts to a plate and return the pan to the stove. Place over medium heat and cook uncovered for 5 minutes, reducing the liquid by 1/3. Pour the mixture into a mixing bowl, let cool for 10 minutes, then transfer the mixture to a blender. Running the blender on medium, slowly add both oils.

When it's time to put dinner on the table, pour the sauce onto a platter, and place a pile of snow peas in the center of the plate. Slice the chicken diagonally across the grain into thin strips. Fan chicken breasts around the snow peas. Arrange vegetables around the chicken and sprinkle with cilantro.

CHICKEN SALAD WITH LEMON, RAISINS AND CROUTONS

		-----CROUTONS-----
1 1/2	cups	French bread cubes -- about 1/2-inch cubes
		Olive oil spray -- or nonstick cooking
		-----SALAD-----
1	pound	Chicken breasts -- boneless and skinles
2		Stalks celery -- minced
1/3	cup	Golden raisins
		Peel of 1 lemon -- finely grated
6		Romaine leaves
6		Radicchio leaves -- (see note)
2	teaspoons	Lemon juice
1	teaspoon	Olive oil
		-----DRESSING-----
1/2	cup	Plain nonfat yogurt
1/3	cup	Light mayonnaise
2	tablespoons	Lemon juice
2	teaspoons	Dijon-style country mustard -- or grainy mustard
2	teaspoons	Honey
1	tablespoon	Minced fresh rosemary leaves
1/8	teaspoon	Salt -- to 1/4 ts
		Freshly ground black pepper -- to taste

1. TO PREPARE THE CROUTONS: Spray a baking sheet with 3 sprays of the olive oil spray or nonstick cooking spray. Spread the bread cubes on the sheet and spray lightly again 3 times. Place in a preheated 350-degree F oven about 20 minutes, or until golden. Remove from the oven and cool.

2. TO PREPARE THE SALAD: Place the chicken in a pan and cover with water. Bring just to a boil, cover and reduce the heat to medium-low. Cook 10 minutes, or until chicken is cooked through. Remove from the liquid and cool. Cut into small chunks or pull into shreds.

3. Combine the chicken with the celery, raisins and lemon peel.

4. TO PREPARE THE DRESSING: In a bowl, stir together the yogurt, mayonnaise, lemon juice, mustard, honey, rosemary, salt and pepper. Stir into the salad, cover and refrigerate until ready to serve.

5. Wash the romaine and radicchio, pat dry and wrap in paper towels. Refrigerate.

6. When ready to serve, stir together 2 teaspoons lemon juice and 1 teaspoon olive oil. Tear the lettuce into small pieces and toss with the lemon-oil mixture. Divide between plates and top with the chicken salad. Garnish with the croutons.

Note: If radicchio is unavailable or too expensive, substitute red leaf lettuce.

Chicken Taco Salad, Low Fat

1	pound	Chicken meat -- white skinless
1/2	cup	Lettuce -- torn into pieces
2	medium	Tomatoes -- cut into pieces
1	can	Kidney beans -- rinsed and Drained (15 oz. size)
1	package	Taco seasoning mix
1/2	cup	Cheddar cheese -- non fat
		Hot sauce to taste
1/2	package	Tortilla chips -- *baked* (1 GM fat per 20 chips)
		Bottle Kraft fat free salad Dressing -- Catalina

Place chicken in a bowl and cover with waxed paper. Cook in microwave about 5 minutes. Remove and drain chicken to remove any fat. Prepare taco mix as directed, substituting chicken for beef. Place lettuce, tomatoes, and chips in a large bowl. Add drained beans, grated cheese, and salad dressing. Mix well. Serve immediately.

Chicken-Pasta Salad With Blueberries

9	Oz. Pckg	Frozen French Cut Green Beans -- thawed
3	Cups	Chicken Breast -- cooked & shredded
3	Cups	Fusilli Pasta -- cooked w/o salt or f
1	Cup	Fresh Blueberries
3/4	Cup	Celery -- thinly sliced
1/4	Cup	Green Onion -- thinly sliced
2	Tablespoons	Fresh Oregano -- finely chopped
1/2	Cup	Plain Low-Fat Yogurt -- (plus 2 Tbsp.)
1/4	Cup	Mayonnaise -- (plus 1 Tbsp.)
3	Tablespoons	Blueberry Vinegar
1/2	Teaspoon	Salt
1/2	Teaspoon	Black Pepper -- coarsely ground
		Lettuce Leaves -- (optional)

Place green beans between paper towels and squeeze until barely moist. Combine green beans and next 6 ingredients in a large bowl. Combine yogurt and next 4 ingredients in a bowl; stir well. Pour over chicken mixture, toss gently. Cover and chill 2 hours. Serve on a lettuce-lined serving plate.

Yield: 6 servings

Chicken-Pasta Salad With Blueberries #2

9	Oz. Pckg	Frozen French Cut Green Beans -- thawed
3	Cups	Chicken Breast -- cooked & shredded
3	Cups	Fusilli Pasta -- cooked w/o salt or f
1	Cup	Fresh Blueberries
3/4	Cup	Celery -- thinly sliced
1/4	Cup	Green Onion -- thinly sliced
2	Tablespoons	Fresh Oregano -- finely chopped
1/2	Cup	Plain Low-Fat Yogurt -- (plus 2 Tbsp.)
1/4	Cup	Mayonnaise -- (plus 1 Tbsp.)
3	Tablespoons	Blueberry Vinegar
1/2	Teaspoon	Salt
1/2	Teaspoon	Black Pepper -- coarsely ground
		Lettuce Leaves -- (optional)

Place green beans between paper towels and squeeze until barely moist. Combine green beans and next 6 ingredients in a large bowl. Combine yogurt and next 4 ingredients in a bowl; stir well. Pour over chicken mixture, toss gently. Cover and chill 2 hours. Serve on a lettuce-lined serving plate.

Yield: 6 servings

Chili-Spiced Beef And Rice Salad

1	Lb	Boneless Beef Top Sirloin Steak
2	Tsp	Spicy Seasoning Mix -- divided
2/3	C	Rice
1	Med	Orange (Or Apple) -- cut in pieces
3		Green Onions -- thinly sliced
1/4	C	Toasted Walnuts -- chopped

Cook rice according to package directions, adding 1 tsp Spicy Seasoning Mix to the water. Should yield about 2 cups.

Heat 10-inch nonstick frying pan over medium heat 5 minutes. Meanwhile rub 1 tsp seasoning into both sides of steak. Pan broil steak 12 - 14 minutes for rare to medium, turning once. Season with salt if desired. Meanwhile combine rice, fruit, onions, and walnuts. Carve steak into 1/4 inch thick slices. Arrange beef and rice mixture on individual plates or serving platter.

CHINESE CHICKEN SALAD IN WUN TUN BASKETS

1/4	cup	Sugar
1/4	cup	Vinegar
1/4	cup	Salad oil
2 1/2	teaspoons	Salt
1/2	teaspoon	Brown sugar
2	pounds	Chicken breasts or thighs -- - cooked and shredded
6	ounces	Wun tun wrappers (about 30)
		Salad oil for frying
1		Head lettuce -- shredded
1		Green onion -- sliced
1/2	cup	Slivered almonds -- toasted

Combine sugar, vinegar, the 1/4 cup oil, the salt, and brown sugar; mix well. Pour over chicken, marinate for at least 20 minutes or longer. Heat oil to 375 F. Place one wun tun wrapper in basket ladle, fit another ladle on top wrapper to hold in place. Deep fry in hot oil until golden brown; drain. Repeat until all wrappers are made into mini baskets. Place baskets on a platter lined with lettuce. Fill each basket with lettuce, chicken, green onion and almonds. Serve immediately. Makes 10 servings.

Chinese Chicken-Noodle Salad #2

4	Ounces	angel hair pasta -- uncooked
1	Cup	(1/2-in) diagonally sliced fresh snow peas
2	Cups	shredded cooked chicken breast -- approx 3/4#
1/2	Cup	diced red bell pepper
1/4	Cup	sliced green onions
1		medium cucumber, peeled, halved lengthwise, and sliced -- about 3/4 cup
3	Tablespoons	low-sodium teriyaki sauce
2	tablespoons	rice vinegar
2	teaspoons	sesame seeds -- toasted
1	teaspoon	dark sesame oil
1/2	teaspoon	salt
1/4	teaspoon	pepper

Break pasta into 5-inch pieces. Cook in boiling water 2 minutes. Add snow peas; cook an additional minute. Drain and rinse under cold, running water; drain well. Combine pasta mixture, chicken, and next 3 ingredients in a bowl; set aside.

Combine teriyaki sauce and next 5 ingredients in a bowl; stir well. Pour over pasta mixture, and toss well. Serve at room temperature or chilled.

Yield 4 1-1/2 cup servings.

Chinese Coleslaw

4	cups	Chinese cabbage -- shredded
8 1/4	ounces	Pineapple, crushed -- drained*
8	ounces	Water chestnuts -- sliced **
1	cup	Parsley, fresh -- snipped
1/4	cup	Green onions -- sliced
1/4	cup	Mayonnaise -- reduced calor.
1	tablespoon	Mustard -- prepared
1	teaspoon	Gingerroot -- grated

* packed in its own juice ** drained

Combine cabbage, pineapple, water chestnuts, parsley, and onion. Cover and chill. For dressing, combine mayonnaise, mustard, and gingerroot. Cover and chill.

Spoon dressing over the cabbage mixture; toss to coat.

Chinese Cucumber Salad

3		cucumbers
1	teaspoon	salt
3	tablespoons	soy sauce
2	quarts	rice wine vinegar
1	tablespoon	sugar
1	teaspoon	sesame oil
2	tablespoons	scallions -- finely chopped
1	tablespoon	fresh ginger root -- finely chopped

Peel cucumbers. Slice thinly. Mix remaining ingredients and pour over cucumbers. Stir carefully. Chill.

Chinese Cucumber Salad

3		cucumbers
1	teaspoon	salt
3	tablespoons	soy sauce
2	quarts	rice wine vinegar
1	tablespoon	sugar
1	teaspoon	sesame oil
2	tablespoons	scallions -- finely chopped
1	tablespoon	fresh ginger root -- finely chopped

Peel cucumbers. Slice thinly. Mix remaining ingredients and pour over cucumbers. Stir carefully. Chill.

Chinese Noodle Salad w/ Roasted Eggplant

		The Noodles & The Marinade
7	tablespoons	low sodium soy sauce
3	tablespoons	balsamic vinegar
3	tablespoons	sugar -- or more to taste
2 1/2	teaspoons	red pepper oil
8	each	scallions -- mostly white part, -- thinly sliced
3	tablespoons	cilantro -- chopped
14	ounces	Chinese noodles =20
		The Eggplant & The Vegetable Garnish
1	pound	Japanese eggplant
1	tablespoon	ginger root -- 1 1/2 oz. peeled & -- minced
1	clove	garlic -- finely chopped
		Reserved Marinade, from above
4	ounces	snow peas -- strings removed, cut -- in narrow strips
1/2	pound	mung bean sprouts
3	tablespoons	sesame seeds
1	each	carrot -- medium size, cut in -- jullienne
		Cilantro leaves -- for garnish

Begin by making the marinade. Combine all the ingredients (except the noodles) in a bowl, stir them together until the sugar is dissolved. Next, bring a large pot of water to a boil for the noodles. While it is heating, gently pull apart the strands of noodles with your fingers, loosening and fluffing them as you do so. Add the noodles to the boiling water without any salt, and give them a quick stir with a fork or a pair of chopsticks. Cook briefly until they are done but not overly soft, a few minutes at most. Immediately pour them into a colander and rinse them in cold water to stop the cooking. Shake the colander vigorously to get rid of as much water as possible, and put the noodles into a bowl. Stir the marinade again; then pour half of it over the noodles and toss them with your hands to distribute the marinade. Set the remaining marinade aside. If the noodles aren't to be used for a while, cover them with plastic and refrigerate them. The flavors, as well as the heat in the red pepper oil, will develop as the noodles sit.

Preheat the oven to 400=B0F. Pierce the eggplants in several places and bake them until they are soft and their skins have shriveled, about 20 minutes, depending on their size. Turn them over after 10 minutes so they will bake evenly. When the eggplants are done, remove them to a cutting board and slice them in half lengthwise. When they are cool enough to handle, peel the skin away from the flesh. Don't worry about any small pieces of skin that are difficult to remove - the flecks of dark purple - brown are pretty. Shred the eggplants, gently tearing them into 1/4 - inch strips. Add the ginger and garlic to the reserved marinade, then the eggplant strips. Turn the pieces over several times to make sure all the surfaces are well coated, and set them aside. Bring a quart of water to a boil with a teaspoon of salt. Blanch the snow peas until they are bright green; then remove them with a strainer and rinse them in cool water. Cut them into long, narrow strips and set them aside.

Next, put the sprouts in the water and cook them for about 30 seconds.

Pour them into a colander, rinse them with cold water, and lay them on a clean kitchen towel to dry. Roast the sesame seeds in a pan until they are lightly colored and smell toasty.

If the noodles have been refrigerated, allow them to come to room temperature; then toss them with the eggplant strips and half the sesame seeds. Mound them on a platter, distribute the carrots, snow peas, and mung bean sprouts over the noodles, and garnish with the remaining sesame seeds and the leafy branches of cilantro.

Present the salad like this, layered and laced with the colorful garnishes, either on a single large platter or on individual plates. Once served, guests can toss the noodles and vegetables together to thoroughly mingle the different colors, textures, and tastes.

Chinese pasta salad

1 1/2	cups	Snow peas
250	grams	Rice vermicelli
		Red pepper sliced thin
1/2	each	English cucumber sliced thin
6	ounces	Cooked shrimp
130	grams	Crabmeat
1	tablespoon	Fine chopped fresh ginger
1	each	Chopped garlic clove
2	tablespoons	Sesame oil
1/2	teaspoon	Black pepper
1 1/2	teaspoons	Salt
2	tablespoons	Lemon juice
3	teaspoons	Vegetable oil
1	teaspoon	Red wine vinegar

Wash and trim snow peas. Place them in a bowl and pour in enough boiling water to cover them. Let stand 10 minutes; drain and set aside. Cook the noodles in plenty of boiling water for 3 to 4 minutes. Drain in colander, rinse with cold water and set aside. In large bowl, combine noodles, snow peas, red pepper, cucumber, shrimp and crabmeat. In a small bowl, combine ginger, garlic, sesame oil, pepper, salt, vegetable oil, lemon juice and vinegar. Pour this dressing over the other ingredients and mix thoroughly. Chill before serving.

Chinese Pasta Salad with Creamy Ginger Dressing

1	pound	Precooked shanghai noodles
1	each	Dash sesame oil for noodles
1/2	pound	Snow peas
1/2	pound	Shrimp -- shelled deveined
2	tablespoons	Coriander -- chopped
2	tablespoons	Scallions -- minced
1	tablespoon	Oil
		------shrimp marinade-------
1	teaspoon	Salt
1/4	teaspoon	White pepper
1/2	teaspoon	Chinese cooking wine
		----------dressing----------
3	tablespoons	Fresh ginger -- grated
1	each	Small garlic clove -- crushed
1	each	Egg yolk
1	teaspoon	Egg white
2	teaspoons	Lemon juice
2/3	cup	Vegetable oil (not olive)
1 1/2	teaspoons	Soy sauce
2 1/2	tablespoons	Sesame oil
1	tablespoon	Cream

Mix the marinade ingredients in a small bowl and add shrimp. Blanch the noodles, rinse under cool water and sprinkle with sesame seed oil, toss, and set aside. (You may want to trim noodles with scissors to about 4 inches in length, to make serving easier.) Blanch whole snow peas and set aside. Heat wok, add 1 tablespoon oil, when oil is hot, add shrimp and stir-fry until pink. Set aside. DRESSING: In a blender or food processor, mix ginger, garlic, egg yolk, egg white, and lemon. Slowly drizzle in oil. Mix in soy and cream. Set aside.
Toss noodles, shrimps, and snow peas. Mix in dressing to taste. Garnish with scallions and coriander. Serve at room temperature.

Cilantro Slaw

1	Small	Head Of Cabbage -- finely shredded
1	Small	Onion -- minced
2	Tablespoons	Fresh Cilantro -- minced
1		European Cucumber -- about 1 pound
		Lime And Garlic Dressing:
1/2	Cup	Salad Oil
1/3	Cup	Lime Juice
2	Cloves	Fresh Garlic -- minced, or pressed

Mix cabbage, onion, and cilantro. Peel and seed cucumber; cut into 3-inch-long sticks. (At this point, you may cover and refrigerate cabbage mixture and cucumber separately for up to 1 day.)

Dressing: Whisk together 1/2 cup salad oil, 1/3 cup lime juice, and 2 cloves of minced or pressed garlic. If made ahead, cover and refrigerate for up to 2 days; stir to reblend before using. Stir dressing into cabbage mixture; pile into a bowl or onto a platter. Garnish with cucumber; season to taste with salt and pepper.

CLASSIC MACARONI SALAD

1		Recipe Old-Fashioned Egg
7	ounces	Elbow macaroni -- cooked and
1/2	cup	Chopped green pepper
1/2	cup	Mayonnaise
2	ounces	Jar chopped pimientos -- drained

Lettuce leaves Paprika, optional

In a bowl, combine egg salad, macaroni, green pepper, mayonnaise and pimientos. Cover and chill. For each serving, spoon about 3/4 cup onto a lettuce leaf.

Sprinkle with paprika, if desired.

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7	ounces	Elbow macaroni -- cooked and
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Sprinkle with paprika, if desired.

Cobb Salad

1/2	head	iceberg lettuce
1/2	bunch	watercress
1	bunch	curly endive -- small bunch
1/2	head	romaine lettuce
2	tablespoons	chives -- minced
2	medium	tomatoes -- peeled, seeded, dice
1	whole	boneless skinless chicken breasts -- cooked, diced
6		bacon slices -- cooked, diced
1		avocado -- peeled and diced
3		hard-boiled eggs -- diced
1/2	cup	Roquefort cheese -- crumbled

French Dressing

1/4	cup	water
1/4	cup	red wine vinegar
1/4	teaspoon	sugar
1 1/2	teaspoons	lemon juice
1/2	teaspoon	salt
1/2	teaspoon	black pepper
1/2	teaspoon	Worcestershire sauce
3/4	teaspoon	dry mustard
1/2		garlic clove -- minced
1/4	cup	olive oil
3/4	cup	vegetable oil

Chop lettuce, watercress, endive and romaine in very fine pieces. Mix in 1 large wide bowl or 6 individual wide shallow bowls. Add chives. Arrange tomatoes, chicken, bacon, avocado and eggs in narrow strips or wedges across top of greens. Sprinkle with cheese. Chill. Meanwhile, to make dressing, combine water, vinegar, sugar, lemon juice, salt, pepper, Worcestershire, mustard, garlic and oils. Chill. At serving time, shake dressing well. At table, pour 1/2 cup dressing over salad and toss. Pass remaining dressing at table.

Coconut Cream Dressing

1/2	cup	Sour Cream
3	tablespoons	Flaked Coconut
1	tablespoon	Honey
1	tablespoon	Lime Juice

In small bowl, combine all ingredients, mix well.
Chill before serving. Refrigerate leftovers. Makes about 1/2 cup Dressing

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Cold Noodles With Tahini Dressing

1	Pound	Vermicelli
3	Tablespoons	Tahini
2	Cloves	Garlic -- finely minced
2	Tablespoons	Lemon Juice
		Salt And Pepper
1	Tablespoon	Water
1/2	To 3/4 Cup	Olive Oil

Mix tahini, garlic, lemon juice, salt, pepper, and water. Blend until smooth. Gradually add the olive oil, while whisking until smooth and medium thick. Boil the vermicelli and drain. Cool under water and toss with sauce. Add fresh vegetables if desired.

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Cold Potato Salad

6	each	Potatoes -- large *
		-- boiling water
1/2	teaspoon	Salt
1	each	Onion; medium -- minced
3	tablespoons	Vinegar
1/2	teaspoon	Mustard -- prepared
1	teaspoon	Sugar
2	teaspoons	Dillseed

* Potatoes should be peeled and quartered.
In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 cup of potato water.

Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 cup potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.

Stir in vinegar, mustard, sugar, and dillseed.
Potato salad will be creamy. Serve at room temperature.

Cole Slaw

5	tablespoons	Mayonnaise -- (heaping)
1	teaspoon	Louisiana hot sauce
2	tablespoons	Yellow mustard (heaping)
2	tablespoons	Ketchup
2	tablespoons	Olive oil
1	tablespoon	Wine vinegar
1	teaspoon	Garlic salt
1	tablespoon	Lea & Perrins
1	each	Juice of mediums size lemon
3	teaspoons	Salt (to taste)
4	each	Bell peppers -- sliced
2	each	Onions, medium -- shredded
1	each	Large cabbage -- shredded

Put mayonnaise and mustard in a bowl large enough to hold complete mixture, but shaped so that the mixture can be beaten with a fork. Beat mayonnaise and mustard until combined. Add olive oil slowly, beating all the time. Beat until mixture has returned to the thickness of original mayonnaise. Add Louisiana hot sauce, continuing to beat. Add ketchup and keep beating. Add salt and garlic salt, beating all the time. Add wine vinegar (this will thin the sauce down). Beat this thoroughly, adding the lemon juice as you do so.

Taste for salt and pepper. Place shredded cabbage, peppers, and onions in a large salad bowl. pour sauce over and toss well. This should be done about an hour before serving. Tastes even better the next day.

Coleslaw 2

2 1/2	pounds	cabbage -- green
2	large	carrots -- (3/4 Pound)
1	cup	Mayonnaise -- Hellmann's Preferred
1/4	cup	white vinegar -- serve to taste
3	tablespoons	sugar
1	tablespoon	mustard -- prepared
1	cup	raisins

1) Trim the tough outer leaves from the cabbage. Cut the cabbage into quarters and cut away the core from the cabbage pieces. finely shred the cabbage. There should be about 8 cups. Peel the carrots and trim the ends. Grate them on the coarse side of a grater.

2) Stir the mayonnaise, vinegar, sugar, and mustard together in a large bowl until blended. Add the cabbage, carrots, and raisins and toss to coat with the dressing. Let stand, tossing occasionally, about 15 minutes. Store, covered, in the refrigerator for at least a few hours and toss well before serving.

Confetti Chicken Salad

1/4	cup	fresh lime juice
3	tablespoons	olive oil
1	clove	garlic -- crushed
1	teaspoon	chili powder
1/4	teaspoon	salt
2	cups	chicken -- cooked and cubed
1		red bell pepper -- cut into thin strips
1/3	cup	green onions -- sliced
2	tablespoons	fresh cilantro -- or parsley, chopped
2		jalapeno peppers -- stemmed, seeded, min
3	cups	cooked rice -- cooled
2		avocados -- seed,peel,cut in chu

Blend lime juice, oil, garlic, chili powder and salt in large bowl. Add chicken, red pepper, onions, cilantro and hot peppers. Cover and refrigerate 2 to 3 hours. Add rice and avocado chunks; toss lightly, and serve.

Confetti Vegetable Relish

3	cups	corn -- * see note
1/2		red bell peppers -- seeded and chopped
1/2		green bell peppers -- seeded and chopped
4		scallions -- thinly sliced
1/2	teaspoon	ground cumin
3	tablespoons	vegetable oil
1 1/2	tablespoons	white wine vinegar
		black pepper -- to taste

* Use freshly cooked corn-on-the cob; scrape kernels from cob to measure 3 cups.

Place the corn in serving bowl; add rest of ingredients and mix well.

Yield: about 3-1/2 cups.

Confetti Vegetable Relish

3	cups	corn -- * see note
1/2		red bell peppers -- seeded and chopped
1/2		green bell peppers -- seeded and chopped
4		scallions -- thinly sliced
1/2	teaspoon	ground cumin
3	tablespoons	vegetable oil
1 1/2	tablespoons	white wine vinegar
		black pepper -- to taste

* Use freshly cooked corn-on-the cob; scrape kernels from cob to measure 3 cups.

Place the corn in serving bowl; add rest of ingredients and mix well.

Yield: about 3-1/2 cups.

Copper Pennies

2	pounds	carrots -- sliced crosswise
1		small onion -- chopped
3		celery stalks -- chopped
1		sweet pepper -- chopped
1	can	tomato soup, condensed
3/4	cup	sugar
1/4	cup	oil
1	teaspoon	dry mustard
1	tablespoon	Worcestershire sauce

Cook carrots in salted water until tender. Drain. Add onion, pepper, and celery to drained carrots. Mix remaining ingredients in a saucepan and bring to a boil. Pour over carrots. Refrigerate overnight.

Copper Pennies

2	pounds	carrots -- sliced crosswise
1		small onion -- chopped
3		celery stalks -- chopped
1		sweet pepper -- chopped
1	can	tomato soup, condensed
3/4	cup	sugar
1/4	cup	oil
1	teaspoon	dry mustard
1	tablespoon	Worcestershire sauce

Cook carrots in salted water until tender. Drain. Add onion, pepper, and celery to drained carrots. Mix remaining ingredients in a saucepan and bring to a boil. Pour over carrots. Refrigerate overnight.

CORIANDER CHICKEN SALAD

1	cup	Coriander -- chopped
3		Scallions (including tops) -- minced
2		Chicken breasts -- boneless skinless
3	tablespoons	Butter or margarine
1/4	cup	Sesame seeds -- toasted
		Garlic clove -- minced
1/2		Head of iceberg lettuce -- shredded
		-----SESAME DRESSING-----
1	tablespoon	Dry mustard
1	tablespoon	-Water
1/2	cup	Sesame oil
1/2	cup	Salad oil
1/4	cup	Soy sauce
3	teaspoons	Sugar
1	tablespoon	Lemon juice
1/4	teaspoon	Chinese 5-spice powder

Cut chicken into strips (optional: soak in soy sauce for one hour).

Fry chicken in butter and garlic until brown. Reduce heat and simmer until done. Cool in the refrigerator. Toss cooled chicken with coriander, sesame seeds and scallions. Toss in sesame dressing (see below). Serve over a bed of shredded lettuce.

DRESSING: Make a paste of mustard and water. Blend in other ingredients until homogeneous. Optional: let dressing sit at room temperature over night to get well-blended mixture (but it tastes fine freshly made, too)

CORN, BLACK, BEAN AND RED PEPPER SALAD

2	cups	Corn Kernels -- cooked
16	ounces	Black Beans ;Can, rinsed -- drained
1		Red pepper -- diced
4	tablespoons	Olive oil
2	tablespoons	Wine vinegar
1/2	teaspoon	Cumin
		Salt
		Pepper
2	tablespoons	Coriander -- sprinkle chopped

Combine 2 cups cooked corn kernels, 16 ounce can rinsed and drained black beans, 1 diced red pepper, 4 teaspoons olive oil, 2 tablespoons wine vinegar, 1/2 teaspoon cumin and salt and pepper to taste. Mix well, sprinkle with 2 tablespoons chopped coriander.

Cottage Cheese Salad

1	package	cherry jello -- large
1	c	crushed pineapple
1	carton	cool whip
1	container	cottage cheese
12	slliced	cherries

Mix dry jello with drained pineapple
Add cottage cheese and cherries
Fold in cool whip
Chill and serve.

Cottage Cheese Salad

1	package	cherry jello -- large
1	c	crushed pineapple
1	carton	cool whip
1	container	cottage cheese
12	slliced	cherries

Mix dry jello with drained pineapple
Add cottage cheese and cherries
Fold in cool whip
Chill and serve.

Counterfeit Tuna Salad

2	cups	Carrots -- finely shredded
1/2	small	Onion -- grated (1 tb)
1/2	cup	Celery -- chopped fine
2	tablespoons	Sweet pickle relish
1	tablespoon	Lemon juice
1/4	cup	Mayonnaise
		Salt & Pepper

In a medium bowl, combine carrots, onion, celery and relish. In a small bowl, combine remaining ingredients. Add to carrot mixture, mixing well.

Chill several hours or overnight to blend flavors.

Counterfeit Tuna Salad

2	cups	Carrots -- finely shredded
1/2	small	Onion -- grated (1 tb)
1/2	cup	Celery -- chopped fine
2	tablespoons	Sweet pickle relish
1	tablespoon	Lemon juice
1/4	cup	Mayonnaise
		Salt & Pepper

In a medium bowl, combine carrots, onion, celery and relish. In a small bowl, combine remaining ingredients. Add to carrot mixture, mixing well.

Chill several hours or overnight to blend flavors.

Crawfish and Egg Salad

3	Each	Eggs, hard boiled
1	Tablespoon	Durkee's famous sauce
1	Pound	Chopped crawfish or shrimp
2	Tablespoons	Mayonnaise
		Salt, if needed
2	Tablespoons	Dill pickles, finely chopped
1	Teaspoon	Red cayenne pepper
1	Teaspoon	Poupon mustard

To cook crawfish: In a saucepan bring 2 quarts water to boil with 2 tsp salt and 1/2 tsp of red pepper. Add peeled crawfish tails to water. Bring to boil and remove from heat immediately. Drain and cool. Chop hard-boiled eggs.

Chop crawfish and mix with eggs. Add pickles. Mix mustard, Durkee's, and mayonnaise and add to egg mixture. If needed, add more pepper and salt.

CREAMY CHICKEN SALAD WITH MANGO DRESSING

3		Chicken breast -- whole boneless
1	cup	Chicken broth
3/4	cup	Rice
2		Mangoes
3		Green onions -- chopped
3	tablespoons	French dressing
		-----MANGO DRESSING-----
1		Mango
1/2	cup	Light cream
1/4	cup	Thousand island dressing
1	tablespoon	Mint -- chopped
1	tablespoon	Mango chutney

Place chicken stock in pan, add chicken; cover and bring to a boil, reduce heat and simmer 10 minutes or until chicken is tender; drain and cool. Add rice gradually to a large pan of boiling water. Boil rapidly, uncovered, for 10 minutes or until rice is tender; drain and cool. Cut mango into thin strips. Cut chicken into slices. Make dressing by combining all ingredients in a blender. Combine rice, onions and French dressing in a bowl. Place on plates; top with chicken and mango dressing.

Creamy Fruit Salad

1	cup	Strawberries -- quartered
1	cup	Cantaloupe -- chunked
6	each	Strawberries -- whole
1	each	Apple -- cored and chopped
20	each	Grapes -- seedless green
1/2	cup	Pineapple -- chunked
1/2	cup	Mandarin orange sections*
1 1/2	cups	Topping*
2	tablespoons	Coconut -- shredded & toasted

In 2 quart bowl combine fruits except whole berries; cover with plastic wrap and refrigerate until well chilled, at least 2 hours. To serve: into each of 6 parfait or sundae glasses spoon 2 T whipped topping* thawed frozen non-dairy) and top each portion with 1/4 c. fruit mixture. Top each portion of fruit with 1 T whipped topping, then an equal amount of remaining fruit mixture. Spoon 1 T whipped topping onto each portion of fruit, sprinkle with 1 t coconut, and granish with 1 berry.

Creamy Kidney Bean Salad

2	cans	Light Red Kidney Beans
1/4	cup	Onion -- chopped fine
1/4	cup	Celery -- chopped fine
1/4	cup	Carrot -- chopped fine
2	teaspoons	Vinegar
1/8	cup	Mayonnaise
3/8	cup	mayonnaise-type salad dressing
1	teaspoon	Mustard
1	teaspoon	relish

Place beans in a saucepan, bring to a boil, reduce heat and simmer for five min. or until desired doneness. Place chopped vegetables in a microwave safe dish and nuke for two min. Drain beans, reserving liquid.

Let beans and veggies cool to room temperature.
Combine mayo, salad dressing, vinegar, mustard, and 6 T. reserved liquid, and mix well.

Combine beans, chopped vegetables, relish and sauce and mix. Chill before serving.

Crunchy Refrigerator Coleslaw

1		cabbage head -- shredded
1	cup	green peppers -- julienned
2		carrots -- shredded
1		Bermuda onions -- minced
1	cup	Jicama
1	cup	sugar
		--- Dressing: ---
2	teaspoons	sugar
1	teaspoon	celery seed
	teaspoon	salt
1/4	teaspoon	black pepper
1	teaspoon	dry mustard
1	teaspoon	cilantro -- minced
1	teaspoon	fresh parsley
1/4	teaspoon	ground basil
3/4	cup	vegetable oil
1	cup	cider vinegar

* Add julienned or chopped jicama just before serving.

1. Shred the cabbage very thin. Combine with pepper, minced onion, and carrots. Sprinkle with sugar, being sure to stir and sprinkle so sugar reaches all the cabbage.

2. In a saucepan, combine all the dressing ingredients. Bring to a boil; remove from heat. While still hot, pour this over the cabbage mixture, blending well.

3. Cover and refrigerate 8 hours or overnight. Add jicama and stir again before serving.

Cucumber and Avocado Salad

1	each	English Seedless Cucumber
		Salt
		Chili Pepper
1	tablespoon	Fresh Lime Juice
1	teaspoon	Minced Onion
		Slices -- Sweet Red Pepper
		Lettuce
1	each	Ripe Avocado -- sliced
		Fresh Parsley

Peel and slice the cucumber paper-thin. Season with salt, chili pepper and lime juice. Sprinkle with onion and red pepper slices.
arrange lettuce on 6 serving plates. Pile cucumber mixture in center of each plate. Add avocado slices and parsley. 6 servings.

Cucumber and Avocado Salad

1	each	English Seedless Cucumber
		Salt
		Chili Pepper
1	tablespoon	Fresh Lime Juice
1	teaspoon	Minced Onion
		Slices -- Sweet Red Pepper
		Lettuce
1	each	Ripe Avocado -- sliced
		Fresh Parsley

Peel and slice the cucumber paper-thin. Season with salt, chili pepper and lime juice. Sprinkle with onion and red pepper slices.
arrange lettuce on 6 serving plates. Pile cucumber mixture in center of each plate. Add avocado slices and parsley. 6 servings.

Cucumber and Onion Salad

1	medium	cucumber -- sliced
1	medium	onion -- sliced
2	teaspoons	salt
2	tablespoons	sugar
2	tablespoons	vinegar
1	cup	cold water
1/4	teaspoon	pepper

Mix together and chill before serving.

Cucumber and Onion Salad

1	medium	cucumber -- sliced
1	medium	onion -- sliced
2	teaspoons	salt
2	tablespoons	sugar
2	tablespoons	vinegar
1	cup	cold water
1/4	teaspoon	pepper

Mix together and chill before serving.

Cucumber In Sour Cream Salad

1	each	Med cucumber thin sl 3 cups
1	teaspoon	Salt
1/2	cup	Sour cream
1	tablespoon	White vinegar
2	each	Drops of tabasco
2	tablespoons	Chopped chives
1	teaspoon	Dill seed or fresh chop dill
1	each	Dash of pepper

Sprinkle the cucumber with salt. Let stand 30 minutes. Drain thoroughly. Dry on paper towel.

Combine sour cream, vinegar, tabasco, chives, dill seed and pepper. Pour over cucumber. Chill well before using. Garnish with fresh dill.

Cucumber In Sour Cream Salad

1	each	Med cucumber thin sl 3 cups
1	teaspoon	Salt
1/2	cup	Sour cream
1	tablespoon	White vinegar
2	each	Drops of tabasco
2	tablespoons	Chopped chives
1	teaspoon	Dill seed or fresh chop dill
1	each	Dash of pepper

Sprinkle the cucumber with salt. Let stand 30 minutes. Drain thoroughly. Dry on paper towel.

Combine sour cream, vinegar, tabasco, chives, dill seed and pepper. Pour over cucumber. Chill well before using. Garnish with fresh dill.

Cucumber Relish Salad

2	each	Cucumbers -- medium
1 1/2	tablespoons	Sugar
1 1/2	tablespoons	Cider vinegar
1/2	teaspoon	Salt
1/8	teaspoon	Pepper
1/2	cup	Sour cream
1	tablespoon	Parsley; fresh -- minced

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.

Cucumber Relish Salad

2	each	Cucumbers -- medium
1 1/2	tablespoons	Sugar
1 1/2	tablespoons	Cider vinegar
1/2	teaspoon	Salt
1/8	teaspoon	Pepper
1/2	cup	Sour cream
1	tablespoon	Parsley; fresh -- minced

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.

Cucumber Salad

1	package	Lime gelatin (3 oz.)
1	cup	Hot water
1	cup	Cucumber -- scrubbed & grated
1/2	cup	Onion -- grated
1	cup	Sour cream
1	cup	Cottage cheese
1	cup	Mayonnaise

Dissolve gelatin in hot water. Let cool. Add cucumber and onion to gelatin. Fold in sour cream, cottage cheese, and mayonnaise. Pour into 6 cup mold and refrigerate at least four hours before serving.

Cucumber Salad

1	package	Lime gelatin (3 oz.)
1	cup	Hot water
1	cup	Cucumber -- scrubbed & grated
1/2	cup	Onion -- grated
1	cup	Sour cream
1	cup	Cottage cheese
1	cup	Mayonnaise

Dissolve gelatin in hot water. Let cool. Add cucumber and onion to gelatin. Fold in sour cream, cottage cheese, and mayonnaise. Pour into 6 cup mold and refrigerate at least four hours before serving.

Cucumber-Mint Salad

1	large	cucumber
1	small	onion -- chopped fine
1	tablespoon	fresh mint -- chopped
1/4	cup	white vinegar
1	teaspoon	sugar
1/2	teaspoon	salt
1/2	teaspoon	lemon pepper seasoning

Peel cucumber and chop into 1/4-inch cubes. Combine all ingredients in bowl and mix. Serve at room temperature. Serves 4.

Cucumber-Mint Salad

1	large	cucumber
1	small	onion -- chopped fine
1	tablespoon	fresh mint -- chopped
1/4	cup	white vinegar
1	teaspoon	sugar
1/2	teaspoon	salt
1/2	teaspoon	lemon pepper seasoning

Peel cucumber and chop into 1/4-inch cubes. Combine all ingredients in bowl and mix. Serve at room temperature. Serves 4.

Cucumbers With Yogurt Dressing

1 1/2	cups	lowfat yogurt
6	tablespoons	scallions -- chopped
1/2	teaspoon	salt
1/2	teaspoon	black pepper
1/2	teaspoon	mustard
3		cucumbers -- sliced
		dill weed sprigs -- for garnish

In small bowl, combine the yogurt, scallions, salt, pepper and mustard. Blend. Add thinly sliced cucumbers and mix well to coat with dressing. Lay about 2 or 3 dill sprigs on top but do not mix in. Cover tightly and refrigerate for one hour.

Cucumbers With Yogurt Dressing

1 1/2	cups	lowfat yogurt
6	tablespoons	scallions -- chopped
1/2	teaspoon	salt
1/2	teaspoon	black pepper
1/2	teaspoon	mustard
3		cucumbers -- sliced
		dill weed sprigs -- for garnish

In small bowl, combine the yogurt, scallions, salt, pepper and mustard. Blend. Add thinly sliced cucumbers and mix well to coat with dressing. Lay about 2 or 3 dill sprigs on top but do not mix in. Cover tightly and refrigerate for one hour.

CUMIN CRUSTED CHICKEN SALAD

1/4	cup	Chopped Tomato
3	tablespoons	Peeled -- Chopped Cucumber
3	tablespoons	Chopped Green Pepper
1	tablespoon	Chopped Purple Onion
1	small	Jalapeno Pepper Chopped
1	tablespoon	Ground Cumin
1	teaspoon	Pepper
4		(4 Oz.) Chicken Breasts Boned And Skinned
1	tablespoon	Red Wine Vinegar
		Cherry Tomatoes (Optional)
		Fresh Basil (Optional)

Combine Tomato, Cucumber, Green Pepper, Purple Onion & Jalapeno Pepper in A Small Bowl & Set Aside. Combine Cumin & Pepper. Rub All Sides Of Chicken Breasts With This. Place A Large Cast Iron Skillet Over Medium High Heat Until Hot. Add Chicken & Cook 6 Min. On Each Side OR Until Tender. Remove From Skillet, Reserving Drippings in Skillet. Set Chicken Aside.

Add Vinegar To Pan Drippings & Cook 2 Min, Stirring Constantly. Pour Over Reserved Vegetable Mixture, Tossing Well. Thinly Slice Each Chicken Breast Diagonally Across Grain & Arrangeon Individual Serving Plates. Serve With Reserved Vegetable Mixture. Garnish Each Serving With Cherry Tomatoes & Basil.

CURRIED CHICKEN & MANGO SALAD

2	quarts	Water
4		(4 Oz.) Boneless -- Skinned Chicken Breasts
3/4	cup	Plain Yogurt
1	tablespoon	Lime Juice
1	tablespoon	Honey
1	teaspoon	Curry Powder
1/8	teaspoon	Salt
1/2	teaspoon	Pepper
1	cup	Peeled Cubed Mango -- Papaya OR Pineapple
4		Lettuce Leaves

Bring Water To A Boil in A Medium Saucepan. Add Chicken. Reduce Heat & Simmer 15 Min. OR Until Chicken Is Tender. Remove Chicken & Let Cool. Cut Into 1/2 in. Pieces & Set Aside.

Combine Yogurt, Lime Juice, Honey, Curry Powder, Salt & Pepper in A Medium Bowl. Mix Well. Add Mango & Reserved Chicken. Toss Well. Spoon Salad Onto Lettuce Lined Individual Serving Plates.

Curried Chicken and Bow Tie Pasta Salad

3	pounds	Chicken
		----poaching ingredients----
6	each	*peppercorns
1	each	*bay leaf
1	each	*parsley stalk
1	each	*sprig of fresh thyme
1	each	*onion
1	each	*carrot
1	each	*celery stalk
		Green pepper -- finely shred
		Red pepper -- finely shred
		Yellow pepper -- finely shred
8	ounces	Bow tie pasta -- cooked
1	each	Salt
1	each	Pepper
		------curry flavoring------
		*small onion finely diced
2	teaspoons	*vegetable oil
1	tablespoon	*curry powder
1/2	cup	*white wine
2	tablespoons	*water
		------curry mayonnaise------
1 1/2	cups	Mayonnaise
2	tablespoons	Warm water
3	tablespoons	Curry flavoring (above)
1	each	Pepper
1	each	Salt

Poach chicken by placing in a large pot with enough cold water to barely cover. Add peppercorns, bay leaf, parsley, thyme and one each: onion, carrot and celery cut into quarters. Bring to a bare boil with lid on; reduce heat to low and simmer for 50 minutes.

Cool in poaching liquid, then drain, skin and shred. To make curry flavoring, soften diced onion in hot oil, then add curry powder and cook over medium-high heat for a further 3 minutes. Add wine and water. Boil rapidly until reduced to about 3 tablespoons.

Strain and let cool. Prepare curry mayonnaise by combining all ingredients until smooth. Place peppers in a large bowl (reserving a little for garnish), with chicken, pasta, salt, pepper and curry mayonnaise.

Mix gently until well- coated. If mayonnaise mixture is too thick, add warm water gradually until a smooth consistency is attained.
Place a portion of salad on bed of spinach and sprinkle reserved peppers on top. Assemble just before serving, as the mayonnaise quickly loses its fresh look.

Curried Chicken Salad

1/2	cup	mayonnaise
1	teaspoon	fresh lemon juice
2	tablespoons	curry powder
2	cups	cooked chicken -- chopped
1/4	cup	diced celery
1/2	cup	Thompson seedless grapes -- halved
1/4	cup	almond slivers

Blend mayonnaise, lemon juice, and curry powder. Mix into remaining ingredients. Chill at least one hour before serving.

Curried Chicken Salad

1/2	cup	mayonnaise
1	teaspoon	fresh lemon juice
2	tablespoons	curry powder
2	cups	cooked chicken -- chopped
1/4	cup	diced celery
1/2	cup	Thompson seedless grapes -- halved
1/4	cup	almond slivers

Blend mayonnaise, lemon juice, and curry powder. Mix into remaining ingredients. Chill at least one hour before serving.

Curried Orzo And Chicken Salad

1	Whole	Boneless Skinless Chicken Breasts -- cooked and chopped
1 1/2	Cups	Orzo -- raw
1	Tablespoon	Unsalted Butter
2	Teaspoons	Curry
2	Cups	Chicken Broth
1/2	Cup	Cucumber -- peel/seed/dice
1/2		Green Pepper -- diced
2		Scallions -- sliced
1/3	Cup	Raw Peas
6	Oz. Jar	Marinated Artichoke Hearts -- undrained
1/4	Cup	Mayonnaise

Brown the orzo in the butter. Add the curry powder and the broth and boil until the pasta is cooked. Drain (if necessary) and chill. Mix the vegetables and the pasta together. Combine the mayonnaise and the artichoke liquid together to make a dressing. Toss the pasta and the dressing together. Add the chicken and serve.

CURRIED SPINACH SALAD

2		Chicken breasts; raw, whole -- cut into thin strips
2	tablespoons	Oil
2	tablespoons	Soy sauce
		-----SALAD-----
6	cups	Spinach -- torn
1	cup	Apple; tart -- chopped
1/4	cup	Peanuts
1/4	cup	Raisins
		-----DRESSING-----
2/3	cup	Oil
1/2	cup	Maple-flavored syrup
1/2	cup	Cider vinegar
1	tablespoon	Instant minced onion
1	teaspoon	Curry powder
1	teaspoon	Prepared mustard
1/4	teaspoon	Salt

For Dressing: Combine all in blender. Blend 15 seconds. Chill 4 hours or overnight. Makes 1-2/3 cups dressing. 60 calories per tablespoon. Saute chicken in oil after marinating in soy sauce. Drain and chill 4 hours or overnight.

For Salad: Combine spinach with 1 cup dressing or less if desired and toss. Divide into 4 plates. Divide chicken, apple, peanuts, raisins and place on top of spinach. Serve immediately with additional dressing if desired.

CURRY CHICKEN WITH GRAPES

8		Chicken breast -- halves (boned)
6	cups	Grapes -- seedless
		less -- vary amount
		taste)
2	cups	Mayonnaise
4	teaspoons	Curry powder
3	teaspoons	Olive oil
1	teaspoon	Cayenne pepper
1/2	teaspoon	Black pepper -- ground
1	teaspoon	Fruit vinegar

Make the sauce by mixing together all ingredients except the chicken and the grapes. Season to taste (sample by dipping a grape into the sauce and then eating it).

Broil the chicken breasts (3-5 minutes on each side in a preheated broiler), then dice or shred into small bite-sized pieces.

Mix chopped chicken with about 2 cups of whole grapes. Cover with the sauce. Add more grapes to taste. My taste is to add vast quantities of grapes.

Date, Goat Cheese and Mesclun Salad

		For vinaigrette
2	tbsp	red wine vinegar
1	tbsp. s	oy sauce
		freshly ground pepper
1/2	cup	extra virgin olive oil
8	cups	mesclun(mixed bay greens, 3/4 lb.) -- rinsed/spun dry
8		dried dates (preferably Medjool) -- pitted cut lengthwise into thin stripes
6	oz	soft goat cheese, cut into pieces -- room temp

In a small bowl, whisk together vinegar, soy sauce, pepper and salt to taste and add oil in a stream, whisking until emulsified. May be made 1 day ahead and chilled, covered. Bring to room temp. before serving.
In bowl, toss mesclun with vinaigrette and divide among 8 salad plates. Top salads with dates and goat cheese.

David Vano's Caesar Salad

Start with a medium head of romaine lettuce. Holding head firmly, cut 1/2" off botton and then cut entire head in 1" slices. Put in cold water. Let sit while preparing dressing. In a very large wooden bowl add the following: 3" strip of anchovies paste; 1 coddled egg (a must); the juice of 1/2 lemon; 4 T balsamic vinegar ; 5 T olive oil (I do not use extra virgin because it does not have the taste; the less expensive, more pressed olive oil is my choice); 1-2 cloves or garlic pressed; 1/2 t seasoned salt; 1 T Lea and Perrin; Tobasco to taste, 4-5 drops; 2-3 T parmasan cheese fresh grated (never out of a box); your favorite croutons. Start with the garlic and anchovy paste. Mix in bowl with all liquids; add remaining ingredients; put in croutons to let sit in liquid for a few seconds. Thoroughly dry lettuce (use spinner if you have one) and put in bowl. Toss until all lettuce is coated. Add fresh groung pepper (I like a lot) and a few more croutons. Serve immediately. Offer more pepper.

Please note that you cannot make this ahead; it will be no good in 1-2 hours. Also, if you do not eat all salad throw out remaining. Romane lettuce gets very bitter and cannot be left over.

Diakon and Tuna Salad

3	cups	Daikon -- cut into 1 1/2"
	rub in 1/2 tbls -- of salt and drain	
1/2	cup	Onion; thinly sliced -- soak
		water for 10 minutes -- drain
10		Okura -- rub in 1/2 tb salt
		cook, drain -- chopped
1	can	Tuna -- drained (keep 1 tb o
		from tuna for -- dressing *
		-----DRESSING-----
1 1/2	tablespoons	Rice vinegar
1 1/2	tablespoons	Soy sauce
1	tablespoon	Juice from tuna* -- mix well

Put well-drained tuna flakes into a bowl and add daikon, onion and okura; mix well. Pour in dressing to the tuna mixture and mix. Toss and put into a serving platter and serve.

Diane's Bean Salad

1	pound	Pinto beans
1/2	pound	Grated cheddar cheese
1	each	Med onion
1	each	Bottle Catalina dressing
1	each	Small pkg. large fritos
1/2	each	Head of lettuce
1	each	Large tomato

Mix all together. Top with lettuce and tomato.

Diane's Bean Salad

1	pound	Pinto beans
1/2	pound	Grated cheddar cheese
1	each	Med onion
1	each	Bottle Catalina dressing
1	each	Small pkg. large fritos
1/2	each	Head of lettuce
1	each	Large tomato

Mix all together. Top with lettuce and tomato.

Dieter's Taco Salad

1	pound	Ground beef -- lean
		Onion -- medium
		Green pepper, large -- chopped
8	ounces	Tomato sauce -- no-salt
1	tablespoon	Vinegar
1	teaspoon	Mustard -- dry
1/2	teaspoon	Pepper, red -- crushed
1/2	teaspoon	Basil, dried -- crushed
1/4	teaspoon	Garlic powder
1	tablespoon	Water
		Tortillas -- 8-inch
4	cups	Lettuce -- shredded
		Tomatoes, cherry -- halved
		Carrot, medium -- shredded
1/4	cup	Parmesan cheese -- grated

Cook beef, onion, and 1/4 cup of green pepper till beef is brown; drain. Add next 7 ingredients. Bring to boil; reduce heat. Simmer 15 minutes. Warm foil-wrapped tortillas in a 350F oven for 10 minutes. Spray 4 10-ounce casseroles with nonstick spray coating; press 1 tortilla into each. Bake in a 350F oven for 15 minutes. divide lettuce among 4 plates. Place a tortilla on each plate. Spoon beef mixture into tortillas. Top with remaining green pepper, tomatoes, carrot, and cheese.

Dilled Cucumber Salad

1	cup	cucumber -- peeled seeded, dice
1	pint	sour cream
1	tablespoon	white wine vinegar
1/2	teaspoon	salt
1/8	teaspoon	cayenne
1	tablespoon	onion -- grated
3	tablespoons	fresh dill -- chopped

Mix sour cream, vinegar, salt, cayenne, and grated onion. Stir in chopped dill and diced cucumber. Refrigerate two hours before serving.

Dilled Cucumber Salad

1	cup	cucumber -- peeled seeded, dice
1	pint	sour cream
1	tablespoon	white wine vinegar
1/2	teaspoon	salt
1/8	teaspoon	cayenne
1	tablespoon	onion -- grated
3	tablespoons	fresh dill -- chopped

Mix sour cream, vinegar, salt, cayenne, and grated onion. Stir in chopped dill and diced cucumber. Refrigerate two hours before serving.

Donna's Marinated Broccoli Salad

2	boxes	frozen broccoli spears
8	ounces	Italian salad dressing
3/4	cup	mayonnaise
1/3	cup	sour cream
2		hard-boiled eggs -- chopped
3/4	tablespoon	chives -- chopped

Cook broccoli according to directions on package. Drain well. Marinate the spears in Italian Dressing at room temperature for 4-7 hours. Meanwhile, make a mixture of the mayo, sour cream, chopped eggs and chopped chives and refrigerate till spears are thru marinating. Drain spears well, and add the mayo mixture, stirring in gently so as not to break spears. Serve cold. Serves about 4 comfortably.

Double Raspberry Salad

1	package	Raspberry Jello
1	cup	Boiling water
1	package	Frozen raspberries
1	can	Whole cranberries

Dissolve Jello in boiling water. Mix in raspberries and cranberries. Chill until firm.

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1	cup	Boiling water
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Dissolve Jello in boiling water. Mix in raspberries and cranberries. Chill until firm.

Dressing for Fruit Salads

1	tablespoon	flour
1/3	cup	sugar
1		egg -- lightly beaten
1 1/2	tablespoons	lemon juice
1/4	cup	orange juice
1/2	cup	pineapple juice
1/2	cup	whipping cream

Mix flour and sugar in top of double boiler. Stir in egg. Add fruit juices and cook over medium heat, stirring, until thick. CHILL. Whip cream and fold into chilled fruit salad, especially those made with fruit juice and gelatin.

Dressing for Fruit Salads

1	tablespoon	flour
1/3	cup	sugar
1		egg -- lightly beaten
1 1/2	tablespoons	lemon juice
1/4	cup	orange juice
1/2	cup	pineapple juice
1/2	cup	whipping cream

Mix flour and sugar in top of double boiler. Stir in egg. Add fruit juices and cook over medium heat, stirring, until thick. CHILL. Whip cream and fold into chilled fruit salad, especially those made with fruit juice and gelatin.

DRUNKEN CHICKEN SALAD

4		Boned chicken breasts -- cook
1	cup	Sherry
1	teaspoon	Salt
1/2	teaspoon	Sugar
1		Head red leaf lettuce
1/2	cup	Cilantro -- (leaves) optional
3	tablespoons	Sesame seeds -- toasted golden
4		Scallions; w/green -- chopped

Cut cooked chicken breasts in half. Put in large bowl with wine, salt and sugar. Toss, cover and marinate for 24 hours in the refrigerator. Next day drain off marinade. Arrange lettuce leaves on serving platter; place chicken pieces in the center. Sprinkle with sesame seed, cilantro leaves, and scallions.

ELEGANT CHICKEN SALAD

1/4	cup	Olive oil
2		Chicken breasts
3	cups	Chicken broth or water
1/4	cup	Balsamic vinegar
2	tablespoons	Orange juice
1	tablespoon	Dijon mustard
1/4	cup	Chives
2	tablespoons	Tarragon -- chopped
		Salt and pepper
3	cups	Rice (wild or white)

Poach chicken in broth or water for about 20 minutes. In salad bowl combine vinegar, juice, and mustard. Gradually whisk in oil. Stir in chives and tarragon and season with salt and pepper. Cut chicken into bite sized pieces. Add chicken and rice to dressing. Toss well.

Endive, Beet and Red-Onion Salad

1/2	pound	Raw Beets -- trimmed
3	each	Heads of Belgian Endives -- md
1	each	Red onion
1	tablespoon	Dijon Mustard
1	tablespoon	Red Wine Vinegar
3	tablespoons	Vegetable oil
4	tablespoons	Finely Chopped Parsley

Place the beets in a saucepan and add water to cover with salt. Bring to a boil until the beets are tender, about 30 minutes, depending on the size or age of the beets. Drain and let cool. Remove the skins and slice the beets. Trim off the bottom of the endives and cut them into 1 1/2 inch strips. Drop the pieces into cold water. Drain and pat dry. Peel and slice the onion. Combine the mustard, vinegar, salt and pepper in a salad bowl. Add the oil and blend well with a wire whisk. Add the beets, endive, onion and parsley. Toss well and serve.

Serves 4.

Endive-Radicchio Salad

1	head	curly endive
1		radicchio
1	head	Belgian endive
3	tablespoons	sesame seeds
1	tablespoon	sesame oil
3	tablespoons	peanut oil
2	tablespoons	white wine vinegar
4	tablespoons	honey
1	tablespoon	soy sauce
		salt -- to taste
		black pepper

1. Prepare curly endive; remove stems and tear into small pieces. Prepare radicchio; shred. Prepare Belgian endive; julienne.

2. Combine in a large bowl all the greens and sesame seeds. Toss well and set aside.

3. In a small bowl combine the remaining ingredients; blend thoroughly.

4. Pour the dressing over the greens mixture and serve immediately or refrigerate, tightly covered, for a few hours.

ENSALADA GUANAJUATO (FIVE BEAN SALAD GUANAJUATO STYLE)

1	cup	Drained OR canned cooked -- pinto beans
1	cup	Drained cooked black beans
1	can	(8-3/4 oz) garbanzo beans -- drained
1	can	(8 oz) cut green beans -- drained
1	cup	Drained canned wax beans
1/2		Green pepper -- cut in thin
1/4		Red onion -- thinly sliced
6	tablespoons	Vegetable oil
3	tablespoons	Vinegar [I increased vinegar -- by 50 percent. K.B.]
1/2	teaspoon	Salt
1/4	teaspoon	Dried leaf oregano -- crushed
1/8	teaspoon	Garlic powder
		Freshly ground black pepper
1		Tomato, chopped -- drained
3	tablespoons	Mayonnaise

If cooking your own pinto and black beans, cook until firm-tender and not mushy. Combine pinto beans, black beans, garbanzo beans, green beans and wax beans in a large bowl. Add green pepper and red onion. In a small bowl, mix oil, vinegar, salt, oregano, garlic powder and black pepper to taste. Pour over salad and toss gently but thoroughly. Cover and refrigerate overnight. Just before serving, add tomatoes and mayonnaise.

Toss until well blended.

Essig Krautersauce

1	tablespoon	Shallots -- chopped
1	tablespoon	Capers -- chopped
1	tablespoon	Parsley -- chopped
1	tablespoon	Chervil -- chopped
1	tablespoon	Chives -- chopped
1	cup	Olive oil
1/2	cup	Tarragon vinegar
1	teaspoon	Salt
1/2	teaspoon	Pepper

Mix the first five ingredients with the oil and let stand for at least 1 hour. Add the vinegar, salt and pepper. This dressing may be used with meat, fish, vegetables or salad. Rice one hard-cooked egg over the dish if desired, or egg may be added to the dressing. 2 Tb. green onion, chopped may be substituted for the shallots. Great over fresh chopped tomato! It may be served hot or cold.

Favorite Bean Recipe

Amount	Measure	Ingredient -- Preparation Method
2	cans	dark red kidney beans -- drained
3/4	cup	diced onions
3/4	cup	sliced celery -- OR
1/2	cup	sliced tender stalks of Lovage
3/4	cup	green pimiento stuffed olives -- chopped
1/2	cup	Vlasic's Hot Piccalili relish -- to to taste
		ground white pepper
		Lowfat mayonnaise -- to moisten

Combine all vegetables and piccalili. Season with pepper. Add mayonnaise to moisten. Mix well. Chill and serve.

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Combine all vegetables and piccalili. Season with pepper. Add mayonnaise to moisten. Mix well. Chill and serve.

FLUFFY FRUIT SALAD

2	cans	(20 oz. ea.) crushed -- pineapple
2/3	cup	Sugar
2	tablespoons	Flour
2		Eggs -- lightly beaten
1/4	cup	Orange juice
3	tablespoons	Lemon juice
1	tablespoon	Vegetable oil
2	cans	(17 oz. ea.) fruit cocktail -- drained
2	cans	(11 oz. ea.) mandarin -- oranges, drained
2		Bananas -- sliced
1	cup	Heavy cream -- whipped

Drain pineapple, reserving 1 cup juice in a small saucepan. Set pineapple aside. To saucepan, add sugar, flour, eggs, orange juice, lemon juice and oil.

Bring to a boil, stirring constantly. Boil for 1 minute; remove from the heat and let cool. In a salad bowl, combine the pineapple, fruit cocktail, oranges and bananas. Fold in whipped cream and cooled sauce. Chill for several hours.

French Potato Salad with Tarragon Vinaigrette

2 1/2	pounds	red potatoes -- small, unpeeled
1	cup	fresh parsley -- chopped
1/2	cup	red onion -- chopped
		Pepper
		-----Tarragon Vinaigrette-----
1/3	cup	wine vinegar
2	tablespoons	olive oil
1	tablespoon	Dijon mustard
1/2	teaspoon	dried tarragon
		Pepper

Scrub potatoes. In a large pot of boiling water, cook potatoes until fork-tender; drain. Shake pan over medium heat for a minute to dry potatoes. Cut into 1/4-inch (5 mm) thick slices. In salad bowl, combine potatoes, parsley and onion. Tarragon vinaigrette: In a small bowl whisk together vinegar, oil, mutsrad and tarragon; mix well. Pour over warm potatoes and toss to mix. Season with pepper to taste. Cover and let stand at room temperature for at least 1 hour or refrigerate up to 3 days.

French Style Potato Salad

6	medium	potatoes -- about 2 lb.
1	clove	garlic -- cut into halves
1/4	teaspoon	instant beef bouillon -- or chicken
1/3	cup	hot water
1/3	cup	dry white wine
3	tablespoons	parsley -- snipped
		------Tarragon Dressing-----
3	tablespoons	olive oil -- or vegetable oil
2	tablespoons	tarragon vinegar
2	teaspoons	chives -- snipped
1	teaspoon	salt
1	teaspoon	Dijon mustard
1/2	teaspoon	dried tarragon
1/8	teaspoon	pepper

To Prepare Salad: Heat 1-inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add potatoes. Heat to boiling. Reduce heat. Cover and cook until tender, 30 to 35 minutes. Drain, cool and peel. Rub 2-quart bowl with garlic. Discard garlic. Cut potatoes into 1/4-inch slices and place in bowl. Dissolve bouillon in hot water. Add wine. Pour over potatoes. Cover and refrigerate, stirring once or twice. Drain.

To Prepare Dressing: Shake all ingredients in tightly covered jar and gently toss with potatoes. Sprinkle with parsley. Garnish with tomato wedges if desired.

Fresh Marinated Vegetables

4	cups	mixed vegetables
2/3	cup	olive oil
1/3	cup	white wine
1/4	cup	white wine vinegar
1/2	cup	chopped onions
3		garlic cloves -- minced
1/4	teaspoon	thyme
1/8	teaspoon	cayenne pepper
		black pepper -- to taste
1	cup	fresh parsley -- finely chopped

* You will need a total of 4 cups fresh vegetables cut into bite-sized pieces. Some good choices are: green beans, broccoli flowerettes, cauliflower, red and green bell peppers, whole baby carrots, zucchini and hearts of celery.

1. Combine all ingredients except 1/2 cup parsley in a large, heavy pot. Add enough water to cover vegetables. Cover tightly and cook over medium heat until vegetables are just tender but still crisp. This will take 10-12 minutes.

2. Remove from heat, remove cover, and let vegetables cool in the pot. When cool, transfer to serving dish. Cover; chill to allow flavors to blend. Bring to room temperature to serve; top with remaining parsley.

Fresh Spinach Salad

2	tablespoons	Caesar salad dressing
4	tablespoons	Cottage cheese
		Fresh spinach

Two hours before serving, marinate Caesar salad dressing with cottage cheese. Prepare fresh spinach by washing, cutting out large vein in center of leaves, and tearing into desired size pieces. Drain. Pour dressing over spinach, toss, and serve.

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4	tablespoons	Cottage cheese
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Two hours before serving, marinate Caesar salad dressing with cottage cheese. Prepare fresh spinach by washing, cutting out large vein in center of leaves, and tearing into desired size pieces. Drain. Pour dressing over spinach, toss, and serve.

Frosty Fruit Salad

2	C	sugar
1/8	tsp	salt
1	quart	buttermilk -- 4 cups
1	tsp	vanilla
1	can	crushed pineapple -- (20 oz) drained
1	can	fruit cocktail -- (17 oz) drained

In large bowl, combine sugar, salt, buttermilk and vanilla until well mixed. Gently stir in drained fruits. Pour into 9" square pan. Freeze until firm.

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1/8	tsp	salt
1	quart	buttermilk -- 4 cups
1	tsp	vanilla
1	can	crushed pineapple -- (20 oz) drained
1	can	fruit cocktail -- (17 oz) drained

In large bowl, combine sugar, salt, buttermilk and vanilla until well mixed. Gently stir in drained fruits. Pour into 9" square pan. Freeze until firm.

Frozen Cranberry Salad

2	3 oz.pkgs	cream cheese -- softened
2	tbsp	sugar
2	tbsp	mayonnaise or salad dressing
16	oz	can jellied whole cranberry sauce
8	oz can	crushed pineapple -- drained
1/2	cup	chopped pecans
1	cup	whipping cream
1/2	cup	powdered sugar
1	tsp	vanilla extract
		lettuce leaves
		Fresh mint leaves, fresh cranberries -- to garnish

Combine first 3 ingredients, stirring until smooth. Stir in cranberry sauce, pineapple and pecans.

Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Stir in 1 tsp. vanilla.

Fold whipped cream mixture into cranberry mixture; spoon into 8" square dish.

Cover and freeze until firm.

Cut into squares and serve on lettuce leaves. Garnish with mint and cranberries.

Frozen Pineapple-Almond Salad

1/2	cup	blanched almonds
1 1/2	cups	crushed pineapple -- drained
1/2	cup	maraschino cherries -- drained
1/2	cup	chopped dates
24		marshmallows
8	ounces	cream cheese -- softened
1/4	cup	mayonnaise
1	cup	whipping cream

*Buy blanched, toasted salted almonds or blanch your own by dropping 1/2 cup almonds into boiling water. Turn off heat and let almonds stay in water only one minute. Remove to paper towels to drain thoroughly. With fingers, rub almonds until peel comes off.

1. Coarsely chop almonds, set aside.
2. Drain pineapple and reserve syrup.
3. Cut drained cherries into quarters and set aside.
4. Cut dates (about 3 ounces) into slivers and set aside.
5. Cut marshmallows into eighths and set aside.
6. Combine in bowl 3 tablespoons of pineapple syrup and the softened cream cheese. Beat until fluffy, then blend in 1/4 cup mayonnaise. Gently fold in pineapple, cherries, dates, almonds and marshmallows.
7. Chill bowl and beaters then whip the cream until it piles softly. Gently fold the cream into the fruit mixture.
8. Turn into mold and freeze until firm, about 3-4 hours.

Fruchtsalat mit Nussen (Fruit Salad With Nuts)

1	each	Honeydew Melon -- Small
2	each	Oranges
1	cup	Blue Grapes
		Lettuce Leaves
12	each	Walnut Halves
		-----DRESSING-----
8	ounces	Yogurt -- (1 Container)
1	tablespoon	Lemon Juice
1	tablespoon	Orange Juice
1	tablespoon	Tomato Catsup
2	tablespoons	Evaporated Milk
		Salt -- Dash
		White Pepper -- Dash

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise.

Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes.

Toss salad just before serving.

Fruit and Sour Cream Coleslaw

4	cups	shredded cabbage
2		apples -- sliced thinly
1	can	pineapple chunks in juice -- drained
1/2	cup	green grapes
1/2	cup	red grapes
		--- Dressing: -----
1	cup	mayonnaise
1/2	cup	sour cream
4	teaspoons	lemon juice
1	teaspoon	sugar -- to taste
1	dash	salt
1	dash	pepper
1	dash	ground cinnamon -- to taste

1. Shred cabbage very fine, place into covered bowl or plastic bag and chill.

2. Dressing: Blend together the mayonnaise, sour cream, sugar, lemon juice, salt, pepper and cinnamon. Chill.

3. Drain pineapple very well, wash grapes and add to pineapple; chill. Just before serving, wash, core and slice apples into thin slices, then in half again. Mix apples along with grapes and pineapple into cabbage. Toss to blend well.

4. Add dressing and toss to coat. Don't add dressing all at once in case you don't need it all. This is a little different than the usual coleslaw, but very good and easy to prepare. Prepare ingredients ahead of time, then put salad together whenever you wish.

Fruit Salad

2	cups	fresh seedless grapes -- whole or cut depending on size
4	cups	melon balls cantaloupe or honeydew
4	cups	nectarines -- peeled & sliced or peaches
2	cups	fresh blueberries
2	cups	fresh strawberries
1	can	sliced peaches -- (16 oz) drained
1	can	pineapple spears or chunks -- (16 oz) drained
2	cans	pear halves -- (16 oz) drained

--Day before-- Combine fruit and chill.
--Day of brunch-- arrange in a large bowl lined with romaine lettuce. Garnish with mint sprigs, edible flowers.

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2	cans	pear halves -- (16 oz) drained

--Day before-- Combine fruit and chill.
--Day of brunch-- arrange in a large bowl lined with romaine lettuce. Garnish with mint sprigs, edible flowers.

Fruit Salad Carousel

16		Red lettuce leaves
8		Watermelon slices -- 1/4"thick
8		Cantaloupe slices -- 1/4"thick
4		Kiwis -- peeled and sliced
3		Oranges; peeled -- sectioned
8		Apples -- center core removed
8		Scoops sherbet (1/3 c each)
8	small	Bunches grapes
8		Fresh strawberries -- sliced
		-----HONEY-LIME DRESSING-----
8	ounces	Low-fat plain yogurt
2	tablespoons	Honey
2	teaspoons	Lime juice
		Pinch of ginger

Place red lettuce leaves on individual salad plates and arrange the following in a pinwheel pattern; watermelon, cantaloupe, honeydew, diwi. In the center of the pinwheel place cored apple.

Place sherbet scoop on apple. Put grapes beside the apple. Top with Honey-Lime Dressing (recipe follows) and garnish with sliced strawberries.

Honey-Lime Dressing: Combine yogurt with honey, lime juice and ginger. Whip and chill. Makes 1 cup; 1 serving = 2 Tablespoons.

Fruit Salad With Nuts

1	each	Honeydew melon -- small
2	each	Oranges
1	cup	Blue grapes
		Lettuce leaves
12	each	Walnut halves
		----------dressing----------
8	ounces	Yogurt -- (1 container)
1	tablespoon	Lemon juice
1	tablespoon	Orange juice
1	tablespoon	Tomato catsup
2	tablespoons	Evaporated milk
		Salt -- dash
		White pepper -- dash

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise.

Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes.

Toss salad just before serving.

Fruit salad with Nuts 2

1	cup	Blue Grapes
1		Honeydew Melon -- Small
		Lettuce Leaves
2		Oranges
12		Walnut Halves
		-----DRESSING-----
8	ounces	Yogurt -- (1 Container)
2	tablespoons	Evaporated Milk
1	tablespoon	Lemon Juice
		Salt -- Dash
1	tablespoon	Orange Juice
		White Pepper -- Dash
1	tablespoon	Tomato Catsup

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise. Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes. Toss salad just before serving.

Fruited Rice Salad on the Half

4	cups	brown rice, cooked
1/4	cup	raisins
1/2	cup	dried apricots -- chopped
1/2	cup	pecans -- chopped
2		avocados
		-----Vinaigrette-----
1/4	cup	safflower oil -- or veg oil
1	tablespoon	lemon juice
1	tablespoon	red wine vinegar
1	teasoon	honey
1/4	teaspoon	coriander -- ground
1/4	teaspoon	Dijon mustard
		Salt and pepper to taste

Chill rice. Pour boiling water over raisins and apricots in small bowl. Let stand 10 minutes, drain and cool. Heat oven to 350F. Place pecans on shallow baking pan; bake 5 to 8 minutes. Remove from oven, set aside. Prepare Vinaigrette Shake all ingredients together in tightly covered container). Toss rice, raisins, apricots, and pecans with Vinaigrette, refrigerate 1 hour.

Just before serving, halve, seed and peel avocados. Fill each half with rice salad and serve.

Fruited Spinach Salad

1/4	cup	Vinegar -- white wine
2	tablespoons	Honey
3	tablespoons	Oil -- salad
1	teaspoon	Poppy seed
1/2	teaspoon	Mustard -- dry
8	cups	Spinach, fresh -- torn
		Papaya -- medium *
1 1/2	cups	Grapes, seedless -- halved

* papaya, seeded, peeled, and cubed, or 2 medium pears, cored, peeled and cubed.

In a screw top jar combine vinegar, oil, honey, poppy seed, and dry mustard Cover; shake well to mix. Combine spinach, papaya or pears, and grapes. Shake dressing again and pour over salad. Toss to coat. Serve immediately.

Garlicky Pasta Chicken Salad

6	heads	garlic
3/4	cup	olive oil
4	sprigs	rosemary -- optional
1/4	cup	fresh basil leaves
1	tablespoon	fresh rosemary leaves -- or 1 tsp. dried
8	ounces	corkscrew pasta -- cooked and drained
2	cups	chicken -- cooked, cut in strip
1/2	cup	green onion -- sliced
1/2	cup	parmesan cheese -- freshly grated
2/3	cup	walnuts -- chopped, optional
		salt and pepper to taste
		lettuce leaves

Separate cloves of garlic and drop into boiling water for 1 minute. Drain and peel. Place peeled cloves in small saucepan with oil and optional rosemary sprigs. Cook gently, covered, stirring occasionally, for about 25 minutes or until garlic is tender. Discard rosemary sprigs and puree garlic with 1/2 cup of the olive oil, basil, and the rosemary leaves. Place pasta in large bowl and add garlic puree, chicken, onion, Parmesan, salt and pepper. Mix thoroughly. Add more olive oil if needed to moisten salad. Let salad sit for 1 hour a room temperature (provided its not a hot room that will invite bacteria to go nuts!) or refrigerate, returning mixture to room temperature before serving. Toast walnuts in 375-degree oven for 10 minutes. Stir into the salad and serve over a mix of crisp, chilled lettuces.

German Potato Salad

1	pound	bacon
2	teaspoons	celery seed
1	cup	onion -- chopped
1/2	cup	celery -- chopped
4	teaspoons	flour
1	cup	vinegar
4	teaspoons	sugar
1	cup	water
3	teaspoons	salt
12	cups	potatoes -- cooked, chopped
		pepper
		parsley

Cook bacon til crisp; drain (reserving 1/2 cup fat), and crumble. Cook onion and celery in fat til just tender. Blend in flour, sugar, salt, celery seed, and pepper to taste. Add vinegar and water. Cook and stir until thickened and bubbly. Add bacon and potatoes; heat thoroughly, tossing lightly so as not to break up the potato slices. Garnish with parsley. Can be served warm or chilled, but you taste the bacon fat a bit more when it's chilled.

German Slaw

1	lg	head cabbage -- chopped
1	large	bell pepper
3/4	cup	oil
1/2	teaspoon	mustard seed
1/2	teaspoon	salt
1	lg	chopped onion
1/2	cup	sugar
1	cup	wine vinegar
1/8	teaspoon	pepper
	teaspoon	celery seed

1. Bring to boil, vinegar, oil, mustard seed, celery seed, salt & pepper

2. Layer cabbage, onion, green pepper, then add half the sugar on top. Make another layer and add the rest of sugar. 3. Pour BOILING mixture over the slaw mixture.

4. Put in a sealed container in the refrigerator for at least 5 hours. DO NOT MIX! Just before serving, toss the salad. Make the day before.

GINGERED CHICKEN SALAD

2	cups	Cubed Cooked Chicken Breast
1/2	cup	Sliced Scallions
1	cup	Snow Peas -- Julienned
1	cup	Bean Sprouts
1	cup	Thinly Sliced Mushrooms
2	tablespoons	Low Sodium Soy Sauce
2	tablespoons	Finely Minced Ginger
1	tablespoon	Oil
1/2	teaspoon	Oriental Sesame Oil (Opt)
1/3	cup	Lemon Juice
10	milliliters	Garlic Finely Minced
1	bn	Watercress (Garnish)

Place The Chicken, Scallions, Peas, Bean Sprouts & Mushrooms in A Large Bowl. Combine The Soy Sauce, Ginger, Oil, Sesame Oil, Lemon Juice & Garlic And Toss With The Chicken Mixture. If Desired, Transfer To A Bed Of Lettuce On A Serving Platter And Arrange Watercress Around It.

Gingered Fruit Salad

2		fresh peaches
3		medium plums
1	whole	cantaloupe
1/2	whole	honeydew melon
1/2	pound	green and red grapes
1/2	cup	fresh lime juice
1	teaspoon	lime rind -- grated
1/4	cup	honey
1/2	cup	candied ginger root -- chopped finely

Prepare all fruit by washing, peeling if desired, removing pits and slicing into bite-size pieces. Melons may be scooped out with a melon baller, if desired. Combine all fruit in a large ceramic bowl. Mix lime juice, rind, honey, and ginger together. Pour over fruit, toss, and marinate for at least six hours. Serve chilled or at room temperature.

GLASS-NOODLE SALAD WITH CHICKEN

4	ounces	Mung bean noodles
6	ounces	Med shrimp -- shelled and deveined
1	tablespoon	Vegetable oil
1		Whole chicken breast -- boned, skinned, chop
		Salt
		Fresh ground black pepper
1		Red fresh serrano chile -- chopped
1		Green fresh serrano chile -- chopped
3	tablespoons	Lime juice
2	tablespoons	Nam pla (Thai fish sauce)
1	teaspoon	Sugar
3		Shallots -- peeled and thinly sl
1/4	cup	Fresh coriander leaves
		Lettuce for garnish
		Crisp fried shallots (opt.) -- for garnish

COVER NOODLES WITH WATER until soft and pliable, about 15 minutes. Drain. Add noodles to a large pot of boiling water. Reduce to medium heat and cook until noodles are plump and glass-like (2 minutes). For a crunchy texture, just dip them in boiling water for 5 to 10 seconds. Drain and rinse with cold water. Chill. In a large pot of water blanch the shrimp for 5 seconds until they curl and turn pink. Remove and cool. Add oil to a wok or skillet. Add chicken; saute until it loses its pink color. Break into small morsels. Season with salt and pepper to taste. Cool. Mix together chiles, lime juice, nam pla, sugar, shallots and coriander. Add chicken, shrimp and chilled noodles; mix well. Serve over a bed of shredded lettuce. Garnish with crisp fried shallots.

Golden Glow Salad

3	ounces	lemon gelatin
3/4	teaspoon	salt
1	dash	cayenne pepper
1	tablespoon	vinegar
1 1/2	cups	crushed pineapple -- drained
1	cup	carrots -- shredded
1/3	cup	pecans -- chopped
		lettuce

1. Dissolve gelatin in 1 cup boiling water. Add 1 cup cold water, salt, cayenne and a scant tablespoon of vinegar. Refrigerate until partially set.

2. Add crushed pineapple which has been well-drained, grated carrots and chopped pecans. Blend well.

3. Refrigerate at least 3 hours until firmly set. Cut into squares and serve on lettuce leaves.

Greek Orzo Salad

		-----Dressing-----
2	Teaspoons	Dill
2	Cloves	Garlic -- minced
1/4	Cup	Olive Oil
3	Tablespoons	Lemon Juice
2	Tablespoons	Red Wine Vinegar
		Pepper -- to taste
		-----Salad-----
1	Cup	Orzo
4		Roma Tomatoes -- seeded and diced
1		Cucumber -- peel/seed/dice
3		Green Onions -- sliced
8	Ounces	Feta Cheese -- crumbled

Whisk all ingredients together, then chill.

Boil orzo in water until barely done.

Greek Orzo Salad

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2	Cloves	Garlic -- minced
1/4	Cup	Olive Oil
3	Tablespoons	Lemon Juice
2	Tablespoons	Red Wine Vinegar
		Pepper -- to taste
		-----Salad-----
1	Cup	Orzo
4		Roma Tomatoes -- seeded and diced
1		Cucumber -- peel/seed/dice
3		Green Onions -- sliced
8	Ounces	Feta Cheese -- crumbled

Whisk all ingredients together, then chill.

Boil orzo in water until barely done.

Green and Gold Bean Salad

1	can	(1lb) cut grn beans -- drained
1	can	(1lb) cut wax beans -- drained
1	cup	Diced celery
1	teaspoon	Dillweed
1/2	cup	Bottled creamy onion dressng
1/4	cup	Slivered almonds (optional)
1/2	cup	Salad croutons

Mix drained beans, celery and dill, and chill. Just before serving add nuts, croutons and dressing.

Green and Gold Bean Salad

1	can	(1lb) cut grn beans -- drained
1	can	(1lb) cut wax beans -- drained
1	cup	Diced celery
1	teaspoon	Dillweed
1/2	cup	Bottled creamy onion dressng
1/4	cup	Slivered almonds (optional)
1/2	cup	Salad croutons

Mix drained beans, celery and dill, and chill. Just before serving add nuts, croutons and dressing.

Green-Bean Salad

1	pound	Green beans -- fresh *
		-- boiling salted water
1/4	cup	Stock -- **
3	tablespoons	Vinegar
3	tablespoons	Vegetable oil
2	each	Onions; med. -- thinly sliced
1/2	teaspoon	Dried dillseed
1	teaspoon	Sugar

* Green beans should be sliced lengthwise (French Cut). ** Stock is the water that the green beans were cooked in.

Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest.

Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.

GRILLED CHICKEN BREAST AND BEAN SALAD

2	tablespoons	Well-seasoned mustard -- to 3 tablespoons
4		Chicken breast halves -- skinned and boned
1	package	Frozen black-eyed peas -- 10-ounce package
32	ounces	Canned beans combined -- kidney, garbanzos, w
1		Medium-large red onion -- finely chopped
2		Medium-large ripe tomatoes -- coarsely chopped
2	tablespoons	Fresh thyme -- chopped
	to	3 tablespoons
2	tablespoons	Fresh oregano -- chopped
	to	3 tablespoons
4		Sun-dried tomato halves -- in oil, finely chopp
3	tablespoons	Extra-virgin olive oil
3	tablespoons	Balsamic vinegar
		Black pepper to taste -- freshly ground

Heat broiler or prepare outdoor grill. Spread mustard on one side of chicken breasts and broil or grill until they begin to brown. Turn and spread on additional mustard. Cook until done, then cut into narrow strips and place in serving bowl.

Cook peas according to package directions, not more than 15 minutes. Drain. Drain liquid from canned beans and rinse thoroughly. Add to bowl with black-eyed peas, onion, fresh tomatoes, herbs and dried tomatoes. Beat oil and vinegar and mix with salad ingredients. Season with pepper and serve at room temperature. Makes 6 servings.

Grilled Chicken Dijon Salad

1/4	cup	Dijon mustard
2	teaspoons	Dried tarragon leaves -- crushed
1/4	teaspoon	Cracked black pepper
3	tablespoons	Tarragon vinegar
1	tablespoon	Sugar
1/3	cup	Water
8	teaspoons	Olive oil
2		Whole chicken breasts -- skinned, boned, and fat removed
1/2	pound	Fresh mushrooms -- halved
2	cups	Broccoli flowerettes
5	cups	Boston lettuce
8	ounces	Fat-free Muenster Cheese -- H.C., cubed
1/2	cup	Red onion rings

Mix together mustard, tarragon and pepper; stir in vinegar and water. Gradually add oil, beating until well blended. Pour 1/3 c. of dressing mixture over chicken. Marinate mushrooms and broccoli in remaining dressing. Drain chicken, reserving marinade. Grill chicken over medium coals, 4 minutes on each side or to desired doneness, brushing with reserved marinade mixture. Cut chicken into 8 strips. Combine mushrooms, broccoli and marinade *** (see my note) with torn greens and cheese in serving bowl; toss lightly.

Arrange lettuce mixture on large platter; top with chicken and onion rings.

GRILLED SZECHUAN CHICKEN SALAD

1	pound	Chicken Breast -- boneless, skinned
1/4	teaspoon	Seasoned Pepper -- to taste
1	can	Pineapple, sliced -- drained
		juice -- reserved
		Lettuce leaves
		Red onion -- sliced
		Red Bell Pepper
		-----SALAD DRESSING-----
3	tablespoons	Oil -- vegetable
2	tablespoons	Hot Soy Sauce -- CHUN KING
2	tablespoons	Pineapple juice -- from reserv
1	tablespoon	Whoite vinegar
1	tablespoon	Honey
1/4	teaspoon	Ginger -- ground

Lightly sprinkle both sides of boneless, skinned, chicken breasts with seasoned pepper. Grill; slice into strips. Reserve 2 tablespoons juice from can of pineapple slices. Prepare Salad Dressing (directions follows). Brush pineapple slices with some Salad Dressing, grill 2-3 minutes. Arrange chicken and pineapple over lettuce and vegetables. Top with Salad Dressing.

SALAD DRESSING: In a covered jar, combine oil, hot soy sauce, 2 tb pineapple juice, white vinegar, honey and ground ginger. Shake well.

Guacamole Salad

5	each	Large avocados
1	each	Medium garlic clove -- minced
1	each	Medium tomato -- chopped
4	ounces	Can chopped green chili
2 1/2	tablespoons	Lemon or lime juice
1	teaspoon	Salt

Peel and chop avocados into a bowl. Mash with garlic and lemon juice. Add remaining ingredients, mixture will be chunky. To prepare individual salads, spoon mixture on shredded or whole lettuce leaves. Top with diced tomato for garnish and serve with tortilla chips. If made ahead of time, save pit and put in dip until time to serve to prevent darkening.

Gurkensalat (Cucumber Relish Salad)

2	each	Cucumbers -- Medium
1 1/2	tablespoons	Sugar
1 1/2	tablespoons	Cider Vinegar
1/2	teaspoon	Salt
1/8	teaspoon	Pepper
1/2	cup	Sour Cream
1	tablespoon	Parsley; Fresh -- Minced

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.

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2	each	Cucumbers -- Medium
1 1/2	tablespoons	Sugar
1 1/2	tablespoons	Cider Vinegar
1/2	teaspoon	Salt
1/8	teaspoon	Pepper
1/2	cup	Sour Cream
1	tablespoon	Parsley; Fresh -- Minced

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.

HAM AND BLACK BEAN SALAD

3	cups	Cooked rice -- cooled to room temperature
2	cups	Canned black beans -- - rinsed and drained
1	medium	Red onion -- chopped
1	cup	Cubed jicama -- - (cut into 1/8-inch
1/2	cup	Sliced black olives
1/2	cup	Diced red pepper
1/2	cup	Diced green pepper
1/4	cup	Olive oil -- divided
4	ounces	Cubed cooked ham
3	tablespoons	Red wine vinegar
1		Garlic clove -- minced
1/2	teaspoon	Ground cumin
1/2	teaspoon	Chili powder
1/2	teaspoon	Salt
1/2	teaspoon	Ground black pepper

Combine rice, onion, jicama, olives, and peppers in large bowl; set aside. Heat 1 tablespoon oil in large skillet over medium heat. Add ham; cook 2 to 3 minutes stirring constantly. Add to rice mixture. Combine remaining oil, vinegar, garlic, cumin, chili powder, salt and pepper in small jar with lid. Shake to blend. Drizzle dressing over salad.

Ham Salad

2	cups	mayonnaise
1	cup	sweet pickle relish
2	teaspoons	salt
1/2	teaspoon	black pepper -- freshly ground
2	pounds	ham -- smoked boneless - about 6 cups - -- finely diced
1	medium	onion -- finely diced - about 1/2 cup -
1	small	green bell pepper -- cored seeded - about 1 cup - -- finely diced
2	stalks	celery -- finely diced - about 1 cup -

Stir the mayonnaise, relish, salt, and pepper in a large mixing bowl until blended. Add the remaining ingredients and toss until coated. Store the salad, covered, in the refrigerator.

Ham Salad

2	cups	mayonnaise
1	cup	sweet pickle relish
2	teaspoons	salt
1/2	teaspoon	black pepper -- freshly ground
2	pounds	ham -- smoked boneless - about 6 cups - -- finely diced
1	medium	onion -- finely diced - about 1/2 cup -
1	small	green bell pepper -- cored seeded - about 1 cup - -- finely diced
2	stalks	celery -- finely diced - about 1 cup -

Stir the mayonnaise, relish, salt, and pepper in a large mixing bowl until blended. Add the remaining ingredients and toss until coated. Store the salad, covered, in the refrigerator.

Harvest Salad with Honey Dressing

		--- Fruit: -----
		navel oranges
		grapefruit sections
		avocados -- sliced
		green grapes -- seedless
		red grapes -- seedless
		berries -- * see note
		--- Dressing: -----
3	tablespoons	honey
3	tablespoons	orange juice -- or lime juice
1/2	cup	light whipping cream

* Use berries of your choice. Some good ones to use in this salad are strawberries, raspberries, blackberries.

1. Prepare fruit by peeling oranges and grapefruits, then slice into thin slices, removing all white pith. Arrange decoratively on a large platter, leaving center free for dressing container.
2. Scatter green and red grapes on oranges and grapefruit. Place berries, a few in each group, around edges of salad. Tuck in slices of avocado here and there. Kiwi fruit can be used here for a colorful and delicious addition.

DRESSING: Chill bowl and beaters, then whip chilled cream until it piles softly. Blend honey and orange juice or lime juice. Beat the two mixtures together, only enough to combine well.

Pour dressing into a serving container and set in middle of fruit platter, or serve on the side.

HAWAIIAN CHICKEN SALAD

3		Whole chicken breasts -- skinned and boned
1 1/2	cups	Sour cream
1/2	cup	Chutney -- finely chopped
1	teaspoon	Curry powder (more to taste)
1/4	teaspoon	Ground ginger
1/4	cup	Toasted shredded coconut
3		Cantaloupes -- -=OR=-
		honeydew melons-=OR=- -- Large papayas
4	cups	Shredded lettuce (optional)

Place chicken on steamer rack over 1 cup boiling water. Cover and steam 15 minutes or until cooked through, but still moist. Dice or shred meat. Combine sour cream, chutney, curry powder and ginger until mixed. Mix dressing with chicken and coconut. Chill. Cut cantaloupes, honeydew melons or papayas in halves, remove seeds and fill cavities with chicken salad. Or, spoon chicken salad on shredded lettuce and garnish with slices of fruit.

HERB GARDEN COUSCOUS SALAD

1	cup	Couscous
1	cup	Boiling water
2	cups	Black beans -- cooked
1	large	Celery rib -- diced
1	small	Red bell pepper -- diced
2	medium	Tomatoes -- diced
1/4	cup	Green olives -- chopped
1/2	cup	Parsley -- chopped
2	tablespoons	Dill -- chopped
2	tablespoons	Mint -- chopped
2	each	Scallions -- finely chopped
2	tablespoons	Lemon juice
2	tablespoons	Olive oil
		Salt & pepper -- to taste

In a large heatproof container, combine the couscous & water. Cover & let stand for 15 minutes. Uncover & fluff with a fork. Let cool until it is just warm. Mix in the remaining ingredients. Cover & refrigerate for 1 hour before serving.

VARIATION: In place of dill & mint, try a combination of fresh herbs such as oregano, thyme & basil.

Heringsalat (Herring Salad)

8	Ounces	Pickled Herring; Drained
1/2	Each	Green Pepper; Seed And Dice
1	Each	Apple; Tart, Core And Dice
1	Each	Orange; Sectioned And Diced
2	Teaspoons	Onion; Grated
2	Tablespoons	Vegetable Oil
1	Tablespoon	Vinegar
4	Each	Lettuce Leaves; Cupped

Combine ingredients and marinate in refrigerator for at least 1 hour. Serve on inner tightly cupped lettuce leaves.

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1/2	Each	Green Pepper; Seed And Dice
1	Each	Apple; Tart, Core And Dice
1	Each	Orange; Sectioned And Diced
2	Teaspoons	Onion; Grated
2	Tablespoons	Vegetable Oil
1	Tablespoon	Vinegar
4	Each	Lettuce Leaves; Cupped

Combine ingredients and marinate in refrigerator for at least 1 hour. Serve on inner tightly cupped lettuce leaves.

Herring Salad With Sour Cream Sauce

		------sour-cream sauce------
1	cup	Sour cream
1/2	cup	Yogurt
		Lemon -- juice only
1/4	teaspoon	Sugar
		----------salad----------
2	each	Onions -- small
2	each	Apples; medium -- tart
8	each	Herring fillets -- marinated
2	teaspoons	Dill -- fresh or
1/2	teaspoon	Dillweed -- dried

Sauce: Blend thoroughly sour cream, yogurt, lemon juice and sugar.
Salad: Peel onions and cut into thin slices. Peel and quarter apples, remove cores and but into thin wedges. Blend onions and apples with sauce.

In a dish arrange herring and apple-onion mixture in layers. Cover tightly and marinate in refrigerator for 5 hours. Sprinkle with dill before serving.

HOLY GUACAMOLE!

2	medium	Avocados
1	medium	Onion -- chopped
1	package	Taco seasoning
2		Garlic cloves -- minced
2		Celery stalk -- chopped
2	tablespoons	Lemon juice
1	medium	Tomato -- chopped
2		Jalapenos -- seeded & chopped
1/2	teaspoon	Cayenne pepper
1/2	teaspoon	Worcestershire sauce
1/2	teaspoon	Tabasco hot sauce
1	teaspoon	Horseradish

Peel and cut avocados in half lengthwise. Quarter one avocado half and place in food processor. Coarsely process with remaining ingredients.

Quarter and coarsely chop or mash remaining avocado.
Combine with processor mix, stirring only to mix.
Sprinkle top with lemon juice, cover and chill.

Homemade Croutons

1	tablespoon	Butter
5	tablespoons	Light Oil
2	each	Garlic cloves minced
1	teaspoon	Oregano
1	teaspoon	Thyme
5	each	Day old bread

Melt butter in skillet then add oil. Mix in remaining ingredients. Cut 5 slices of day old bread and remove crusts. Cut into 1/2" cubes. Fry slowly until lightly brown.

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1	tablespoon	Butter
5	tablespoons	Light Oil
2	each	Garlic cloves minced
1	teaspoon	Oregano
1	teaspoon	Thyme
5	each	Day old bread

Melt butter in skillet then add oil. Mix in remaining ingredients. Cut 5 slices of day old bread and remove crusts. Cut into 1/2" cubes. Fry slowly until lightly brown.

Honey and Garlic Dressing 2

1 1/2	cups	Mayonnaise
1/4	cup	Red wine vinegar
3	tablespoons	Liquid honey
2	each	Garlic cloves -- crushed
1	tablespoon	Dijon mustard
1	tablespoon	Worcestershire sauce
1	teaspoon	Tabasco
1	each	Salt and pepper to taste

Mix all the ingredients together with a wire whisk and allow to sit in the fridge overnight. Pour the dressing over a salad composed of iceberg lettuce, red and green pepper strips, sliced radishes, cucumber and chopped parsley. Yield 6-8 portions

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1/4	cup	Red wine vinegar
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2	each	Garlic cloves -- crushed
1	tablespoon	Dijon mustard
1	tablespoon	Worcestershire sauce
1	teaspoon	Tabasco
1	each	Salt and pepper to taste

Mix all the ingredients together with a wire whisk and allow to sit in the fridge overnight. Pour the dressing over a salad composed of iceberg lettuce, red and green pepper strips, sliced radishes, cucumber and chopped parsley. Yield 6-8 portions

Honey garlic dressing

3	each	Egg yolks
4	cups	Olive oil
1	tablespoon	Paprika
1	tablespoon	Crushed black pepper
1 1/2	tablespoons	Salt
1	tablespoon	Fresh purred garlic
1/2	cup	Honey
3/4	cup	Tarragon
3/4	cup	Red wine vinegar

In a large bowl, beat the egg yolks. Slowly add the oil while whisking to make a basic mayonnaise. It will work only if you add the oil very, very slowly at first. You can also use a food processor to make this dressing, but again, you must add the oil ever so slowly to get the desired consistency. Once the mayonnaise is made, add all the ingredients except the vinegars. Make sure the the dressing is well mixed and ingredients are evenly distributed throughout. Slowly stir in the tarragon vinegar and then the red wine vinegar, making sure that they are evenly blended.

This dressing must be stored in the fridge or it will spoil. Yield 5 cups

HOT CHICKEN & APPLE SALAD

1/2	teaspoon	Paprika
1/4	teaspoon	Pepper
4		(4 Oz.) Boned -- Skinned Chicken Breast Halves -- Cut Into Bite Size
3	tablespoons	Unsweetened Apple Cider
1	cup	Diagonally Sliced Carrots
3	cups	(1/2 in.) Cubes Unpeeled Granny Smith Apples (1 Lb.)
1/2	cup	(2 Oz.) Gorgonzola Cheese Divided
2	teaspoons	Minched Shallots
2	tablespoons	White Wine Vinegar
4	cups	Torn Fresh Spinach

Combine Paprika, Pepper & Pinch Salt in A Plastic Bag. Add Chicken & Shake To Coat. Set Aside.

Place Cider in An 8 Inch Square Baking Dish; Microwave At High 30-45 Seconds.

Add Chicken; Cover With Wax Paper & Microwave At Medium-High 6 To 7 Min., Stirring Every 3 Min.

Drain Chicken & Set Aside.

In Reserved Apple Cider Mixture, Add Carrots; Cover With Plastic & Vent. Microwave At High 2 Min. Stir in Apples; Microwave At High 1 1/2 To 2 1/2 Min. OR Until Apples Are Tender. Drain, Reserving 2 T. Apple Cider Mixture in Baking Dish.

Combine Apples, Carrots, Chicken & 1/4 C. Cheese in A Bowl; Toss& Set Aside.

Add Vinegar & Shallots To Reserved Apple Cider Mixture in Baking Dish; Microwave At High 1 Min. Drizzle Over Chicken Mixture With Remaining 1/4 C. Cheese & Serve Warm.

HOT POTATO AND BROCCOLI SALAD

4	each	Potatoes, medium -- peeled
1	each	Bunch broccoli -- broken flore
1/4	cup	Vegetable or salad oil
1/4	cup	Lemon juice
1/4	teaspoon	Garlic powder
3/4	teaspoon	Salt
1	teaspoon	Basil
1/4	teaspoon	Liquid hot pepper sauce
2	each	Green onions -- sliced

Cook potatoes until tender, then dice; cook broccoli until tender. Keep both hot. Combine remaining ingredients. Bring to boil, stirring. Pour over the vegetables and toss gently. (May be served hot or cold.)

HOT POTATO AND BROCCOLI SALAD

4	each	Potatoes, medium -- peeled
1	each	Bunch broccoli -- broken flore
1/4	cup	Vegetable or salad oil
1/4	cup	Lemon juice
1/4	teaspoon	Garlic powder
3/4	teaspoon	Salt
1	teaspoon	Basil
1/4	teaspoon	Liquid hot pepper sauce
2	each	Green onions -- sliced

Cook potatoes until tender, then dice; cook broccoli until tender. Keep both hot. Combine remaining ingredients. Bring to boil, stirring. Pour over the vegetables and toss gently. (May be served hot or cold.)

Hot Potato Salad With Bacon

6		potatoes -- 2 pounds
1	cup	chopped onions
3	tablespoons	fresh parsley -- chopped
1	teaspoon	salt
1/4	teaspoon	black pepper
2/3	cup	vinegar
1/3	cup	water
1 1/2	teaspoons	sugar
1		egg
1/3	cup	salad oil
		bacon -- cooked to crisp

1. Scrub potatoes and cook with skin on in enough water to cover. Cover pan and cook until tender, about 25-30 minutes. Drain potatoes and shake pan over low heat to dry potatoes. Peel and cut into about 1/4-inch pieces.

2. Place in a large bowl and toss with the 1 cup chopped onions, chopped parsley, salt and black pepper.

3. Combine 2/3 cup vinegar, 1/3 cup water and 1-1/2 teaspoon sugar in a small pan; heat to boiling.

4. Place the egg into a small bowl and beat slightly with a wire whisk. Continue beating while slowly pouring in the vinegar mixture. Slowly pour in the salad oil, whisking constantly.

5. Immediately pour this mixture over the warm potatoes and stir to coat evenly. Place the potatoes into a large skillet over low heat until heated throughout. Cook the bacon until crisp; drain, crumble and sprinkle over potatoes. Serve immediately.

Hot Spinach and Mushroom Salad

1 1/2	pounds	spinach
2	tablespoons	corn oil
4	ounces	mushrooms -- slice thin
1	cup	onions -- diced
4	teaspoons	lemon juice -- fresh
4	teaspoons	white vinegar
2	teaspoons	sugar
		black pepper -- fresh ground
2	tablespoons	yogurt -- plain, low-fat

Wash fresh spinach and remove all tough stems; drain well. In hot oil, saute mushrooms and onions until onions are wilted. Add lemon juice, vinegar, sugar and pepper; mix well. Stir in spinach and cook only until spinach begins to wilt. Remove from heat and stir in yogurt. Serve immediately.

Imperial Valley Salad Bowl

1	head	Romaine lettuce
1/2	cup	cheddar cheese, shredded
2		tomatoes
3		green onions
1/2	cup	black olives -- chopped
1/2	cup	jicama
1/2	cup	alfalfa sprouts
1/2	cup	beets -- sliced

1. Wash, dry and tear romaine into bite-size pieces. Put into a salad bowl. Sprinkle half the shredded cheese evenly over greens.

2. Prepare vegetables: chop tomatoes into bite-size pieces; slice green onions, using part of the green tops; cut jicama into thin strips; drain beets very thoroughly and cut into thin strips.

3. Layer all the vegetables and then black olives and alfalfa sprouts. Sprinkle remaining cheese over top.

Optional: 1/2 cup drained red kidney beans, chopped hard-boiled egg and some crisp croutons or broken corn chips placed on top of salad.

Indian Salad

		-----Vinaigrette Dressing-----
1/4	Cup	Olive Oil
2	Tablespoons	White Wine Vinegar
2	Tablespoons	Chives -- minced
1	Teaspoon	Dry Mustard
		Pepper
		-----Salad-----
1	Pound	Lean Pork -- cooked (in shreds)
1		Cucumbers -- * see note
1	Teaspoon	Salt
1	Cup	Macaroni -- uncooked
1/4	Cup	Mayonnaise -- (Plus 2 Tbsp.)
1 1/4	Teaspoons	Curry Powder

* peeled, cut lengthwise, seeded, and julienned.

Mix the dressing ingredients and marinate the pork in them for 1 hour.

Cook macaroni al dente, drain and cool.

Combine cucumber with salt and set aside for 30 minutes. Rinse, drain and pat dry, then combine with the pork, macaroni, mayonnaise, and curry powder.

Indian Wells Lodge Salad Dressing

1/2	pound	blue cheese -- crumbled
1/2	teaspoon	salt
1	quart	Wesson oil
1	tablespoon	paprika -- heaping
1 1/2	teaspoons	vinegar
2	tablespoons	whole oregano

Stir well and serve at room temperature. Makes one quart.

Indian Wells Lodge Salad Dressing

1/2	pound	blue cheese -- crumbled
1/2	teaspoon	salt
1	quart	Wesson oil
1	tablespoon	paprika -- heaping
1 1/2	teaspoons	vinegar
2	tablespoons	whole oregano

Stir well and serve at room temperature. Makes one quart.

ITALIAN ASPARAGUS RICE SALAD

1/4	cup	Parmesan cheese
1/4	cup	Italian-style breadcrumbs
4		Chicken breast halves -- - (boneless, skinless
1	tablespoon	Olive oil
6	cups	Torn spinach leaves -- - stems removed
3	cups	Cooked rice -- cooled (cooked in chicken broth)
1	pound	Asparagus -- blanched and cut into 1" pieces
2		Plum tomatoes -- sliced
1/2	cup	Sliced red onion
1/3	cup	Walnuts -- toasted
2	tablespoons	Chopped fresh basil
2/3	cup	Vinaigrette salad dressing

Combine cheese and breadcrumbs in a medium bowl. Coat each chicken breast with breadcrumb mixture. Heat olive oil in skillet over medium-high heat until hot. Add chicken; cook and stir about 5 minutes until brown. Remove chicken; place in large bowl. Add spinach, rice, asparagus, tomatoes, onion, walnuts, and basil; toss well. Just before serving pour dressing over salad; toss to coat.

Italian Bean-And-Tomato Salad

1 1/2	cups	romaine lettuce -- shredded
1/2	cup	tomato -- seeded, coarsely -- chopped, unpeeled
1/2	cup	great northern beans, canned -- drained
1/4	teaspoon	dried rosemary -- crushed
1/4	teaspoon	pepper -- fresh-ground
2	tablespoons	low sodium chicken broth
2	tablespoons	balsamic vinegar
1	teaspoon	olive oil

Combine first 3 ingredients in a bowl; toss gently. Combine rosemary and next 4 ingredients; stir well. Pour over lettuce mixture, and toss gently.

Italian Bean-And-Tomato Salad

1 1/2	cups	romaine lettuce -- shredded
1/2	cup	tomato -- seeded, coarsely -- chopped, unpeeled
1/2	cup	great northern beans, canned -- drained
1/4	teaspoon	dried rosemary -- crushed
1/4	teaspoon	pepper -- fresh-ground
2	tablespoons	low sodium chicken broth
2	tablespoons	balsamic vinegar
1	teaspoon	olive oil

Combine first 3 ingredients in a bowl; toss gently. Combine rosemary and next 4 ingredients; stir well. Pour over lettuce mixture, and toss gently.

Jambalaya Salad

3/4	Cup	Salad dressing, Italian
1/2	Cup	Celery -- sliced
1/2	Cup	Green pepper -- chopped
1/4	Cup	Onion -- chopped
1	Teaspoon	Thyme
1/4	Teaspoon	Pepper, red -- ground
1/4	Teaspoon	Salt
1	Each	Garlic clove -- minced
2	Cups	Rice -- cooked
1/2	Cup	Ham -- cubed
6	Ounces	Shrimp, tiny -- cooked
1	Cup	Tomato -- chopped
6	Each	Bacon slices -- crumbled

Combine first eight ingredients. Add remaining ingredients except bacon. Chill and add bacon just before serving.

Jambalaya Salad

3/4	Cup	Salad dressing, Italian
1/2	Cup	Celery -- sliced
1/2	Cup	Green pepper -- chopped
1/4	Cup	Onion -- chopped
1	Teaspoon	Thyme
1/4	Teaspoon	Pepper, red -- ground
1/4	Teaspoon	Salt
1	Each	Garlic clove -- minced
2	Cups	Rice -- cooked
1/2	Cup	Ham -- cubed
6	Ounces	Shrimp, tiny -- cooked
1	Cup	Tomato -- chopped
6	Each	Bacon slices -- crumbled

Combine first eight ingredients. Add remaining ingredients except bacon. Chill and add bacon just before serving.

Janet's French Salad Dressing

1/2	cup	vinegar
3/4	cup	salad oil
1/2	cup	sugar -- more or less
1	can	tomato soup
1	teaspoon	celery seed
1/2	teaspoon	salt
2		garlic cloves -minced or mashed
		parsley -- optional

Whisk together until thick!

Janet's French Salad Dressing

1/2	cup	vinegar
3/4	cup	salad oil
1/2	cup	sugar -- more or less
1	can	tomato soup
1	teaspoon	celery seed
1/2	teaspoon	salt
2		garlic cloves -minced or mashed
		parsley -- optional

Whisk together until thick!

Jayne's Sesame Cucumber Salad

1	tablespoon	toasted sesame seeds -- 350°-5 minutes
1	tablespoon	sugar
1/4	teaspoon	salt
1	teaspoon	cornstarch
2	tablespoons	water
1/2	cup	rice wine vinegar
2	medium	cucumbers -- sliced thin or diced
1/2	cup	finely chopped celery

Blend liquids and cook until mixture comes to a boil, cook one minute more.

Add sesame seeds and cool. Sprinkle dressing over cucumbers and celery, chill well.

Jayne's Sesame Cucumber Salad

1	tablespoon	toasted sesame seeds -- 350°-5 minutes
1	tablespoon	sugar
1/4	teaspoon	salt
1	teaspoon	cornstarch
2	tablespoons	water
1/2	cup	rice wine vinegar
2	medium	cucumbers -- sliced thin or diced
1/2	cup	finely chopped celery

Blend liquids and cook until mixture comes to a boil, cook one minute more.

Add sesame seeds and cool. Sprinkle dressing over cucumbers and celery, chill well.

Jeanette's Strawberry Jello Mold

Soften 1 envelope plain gelatine in 1/4 cup water. Dissolve it and 2 packages (3 oz) strawberry jello in 2 cups boiling water.

ADD:
1 large or 2 small packages frozen strawberries
1 small can crushed strawberries
1-2 diced bananas
1 cup fine chopped nuts (optional-daughter disliked them so I left them out.)

FILLING:
1 cup sour cream(will use LandoLakes nofat)
1 package Dream Whip made up
Combine well.

METHOD:
Pour half of jello mix into mold and chill to allow to become fairly firm. Spread filling over jello and pour over that the rest of the jello. Allow to become very firm before unmolding-like overnight.

Jeff's Potato Salad With Beer Dressing

6		potatoes
1	teaspoon	mustard -- or brown
1		bacon slices
1	tablespoon	chopped onions
1		celery stalks -- chopped
2	teaspoons	salt
1	tablespoon	margarine
2	teaspoons	flour
1	tablespoon	sugar
1	cup	beer
1/2	teaspoon	Tabasco sauce
2	tablespoons	fresh parsley -- chopped

Boil potatoes until just tender. Peel and slice.

Fry bacon until crisp. Break into small pieces and mix with onion, celery and salt; set aside. Stir melted butter and flour in a small saucepan until blended. Add mustard and sugar. Slowly stir in beer and Tabasco sauce. Bring to a boil, stirring constantly. Pour over potatoes. Sprinkle with parsley. Toss lightly and let stand 1 hour. Add bacon mixture; toss gently and serve.

Justin's Tuna Salad

3	each	Eggs, hard-boiled -- chopped
2	tablespoons	Mayonnaise
2	tablespoons	Dill relish (heaping)
1	teaspoon	Louisiana hot sauce
2	teaspoons	Poupon mustard
1	each	6 1/2 oz can tuna -- drained

Combine eggs and dill relish. Add the rest of the ingredients, except tuna, and mix really well. Then add tuna. If the mixture is dry, add some more mayonnaise. This is fine for a sandwich. "Sneak a little on crackers before dinner.

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Kalter Kartoffelsalat (Cold Potato Salad)

6	each	Potatoes -- Large * -- Boiling Water
1/2	teaspoon	Salt
1	each	Onion; Medium -- Minced
3	tablespoons	Vinegar
1/2	teaspoon	Mustard -- Prepared
1	teaspoon	Sugar
2	teaspoons	Dillseed

* Potatoes should be peeled and quartered.

In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 cup of potato water. Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 cup potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.

Stir in vinegar, mustard, sugar, and dillseed.

Potato salad will be creamy. Serve at room temperature.

KFC COLESLAW

1		Cabbage -- shredded
1/4	cup	Sugar
1	cup	Carrots -- shredded
1/2	teaspoon	Salt
1/4	teaspoon	Pepper
1/2	cup	Milk
1	cup	Mayonnaise
1/2	cup	Buttermilk
1/2	teaspoon	Celery seed
2	drops	Tabasco -- or to taste
3	tablespoons	Onions -- dry minced

Slice cabbage paper thin, and toss lightly with sugar, shredded carrots.

Sprinkle with salt and pepper and drench it all with milk. Cover and refrigerate for about 15 minutes. Meanwhile, combine mayonnaise (not salad dressing), buttermilk, celery seed, Tabasco and minced onion.

Mix well with cabbage mixture.

Refrigerate again at least an hour before serving.

Drain some of the dressing first and serve it separately at the table. It keeps for 24 hours only!!

LEMON CHICKEN ASPARAGUS

4		Boneless chicken breasts
1	tablespoon	Fresh lemon juice
1	teaspoon	Salt -- optional
1/2	teaspoon	Pepper -- fresh ground
1/2	teaspoon	Grated lemon zest
3/4	pound	Fresh asparagus -- trimmed
1	tablespoon	Olive oil
2	teaspoons	Seasoned dry bread crumbs
4		Slices low-fat turkey ham
8		Lemon slices -- for garnish

In med. bowl, combine chicken, lemon juice, 1/2 of the salt, pepper and lemon zest. Toss to mix. On a large flat plate, coat the chicken with the seasoned bread crumbs. Spray Pam on a non-stick skillet and heat over medium-high heat. Add the chicken and cook, turning once, until golden brown outside and white throughout (but still juicy--about 5-7 minutes).

Place chicken on a serving platter. Meanwhile, steam the fresh asparagus for approx. 5-7 minutes. When done, season the asparagus with the remaining lemon zest and salt and pepper. Divide asparagus into 4 bundles. Wrap each asparagus bundle with a slice of the turkey "ham" and place on top of chicken. Garnish with lemon slices.

-

Lemon Coleslaw

1/2	cup	Mayonnaise
1/2	cup	Sour cream
1/4	cup	Fresh lemon juice
2	tablespoons	Dijon mustard
2	tablespoons	Olive oil
2	tablespoons	Sugar
1	tablespoon	White wine vinegar
1	tablespoon	Prepared horseradish
1	teaspoon	Salt
1/2	teaspoon	Celery seeds
1/2	teaspoon	Pepper
8	cups	Shredded cabbage (about 1 1/
1/2	each	Red bell pepper (cut into ma
1/2	each	Green bell pepper (cut into
1/4	each	Red onion (cut into matchsti
1	each	Carrot -- shredded
2	tablespoons	Chopped fresh parsley
2	teaspoons	Grated lemon peel

Combine first 11 ingredients in bowl; wisk to blend. Refrigerate dressing until cold. (Can be prepared 1 day ahead). Combine cabbage, bell peppers, onion, carrot, parsley and lemon peel in large bowl. Toss with enough dressing to season to taste and serve.

Lemon-Cherry Layered Salad

3	ounces	cherry or raspberry gelatin mix
1	cup	boiling water
21	ounces	cherry pie filling
3	ounces	gelatin -- lemon
1	cup	boiling water
3	ounces	cream cheese
1/3	cup	mayonnaise
8	ounces	crushed pineapple
1	cup	marshmallows -- optional
2	tablespoons	nuts -- chopped
1/2	cup	heavy whipping cream

Dissolve raspberry or cherry gelatin in 1 cup boiling water. Stir in the cherry pie filling. Pour into a 10-inch deep-dish pie plate. Chill until thickened partially. Dissolve lemon gelatin in 1 cup boiling water.

Beat the cream cheese and mayonnaise together and stir in the unchilled lemon gelatin mixture to this. Blend in the undrained pineapple.

Whip 1/2 cup whipping cream until soft peaks form. Fold into lemon mixture and add the marshmallows if desired. Spread this mixture on top of the cherry pie mixture that has been chilling. Sprinkle the chopped nuts over top and let chill until completely set.

LEMONY CHICKEN SALAD

1	can	Low-sodium chicken broth (13 3/4 oz)
2	each	Pkg of Jell-O Lemon gelatin (sugar free -- 4 serving size)
1	cup	Cold water
1	can	Crushed pineapple -- undrained (in unsweetened juice)
2	tablespoons	Lemon juice
1/2	teaspoon	Dried tarragon leaves (crushed)
		Dash of white pepper
1 1/2	cups	Cubed cooked chicken breast
1/2	cup	Chopped parsley
1/4	cup	Chopped red pepper

Bring chicken broth to a boil in small saucepan. Completely dissolve gelatin in boiling broth. Add water, pineapple, lemon juice, tarragon and white pepper. Refrigerate until slightly thickened.

Stir in chicken, celery and red pepper. Spoon into 4 individual plastic containers or serving dishes. Refrigerate until firm, about 2 hours.

Lentil Salad

1/4	cup	fresh lemon juice
2/3	cup	olive oil
1	teaspoon	Italian seasoning
1	clove	garlic -- mashed
2	cups	dried lentils
1/2	cup	diced celery
2	whole	red ripe tomatoes -- chopped

Whisk together lemon juice and olive oil. Beat in Italian seasoning and garlic.

Wash lentils and boil in a quart of water until barely tender, about 30 minutes. Drain. While warm, toss with lemon dressing. Cool to room temperature. Add celery and tomatoes. Serve immediately or chill and serve cold.

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Wash lentils and boil in a quart of water until barely tender, about 30 minutes. Drain. While warm, toss with lemon dressing. Cool to room temperature. Add celery and tomatoes. Serve immediately or chill and serve cold.

Leslie's Cranberry Salad

1	bag	fresh cranberries -- chopped
2	cups	sugar
2	envelopes	plain gelatin
1	large	container Cool Whip
1	can	crushed pineapple -- drained

Chop berries in food processor, but do not pulverize them. Mix berries with sugar, 1 1/2 envelopes gelatin and drained pineapple. Combine well and let stand at least an hour to allow for the juices to mellow, sugar to dissolve and gelatin to thicken. Fold in Cool Whip gently but thoroughly. If fruit settles to bottom of the bowl, add remaining gelatin. Judge the amount of sugar by the tartness of the berries.

Lettuce Wedge With Poppy Seed Dressing

1/3	cup	Vinegar -- White
1 1/2	tablespoons	Onion Juice
1/2	cup	Sugar
1	teaspoon	Mustard -- Dry
1	teaspoon	Salt
1	cup	Vegetable Oil
2	tablespoons	Poppy Seeds
		Iceberg Lettuce -- Head Of

In a small mixing bowl, combine vinegar, onion juice, sugar, mustard, and salt. Stir vigorously by hand or with electric mixer set on low. Whisking constantly, pour in oil in a slow thin stream, and continue to beat until dressing is smooth and thick. Stir in poppy seeds. Cut lettuce into 6 wedges and lay each on a chilled salad plate. Ladle on 2 or 3 T of the dressing or to taste.

LIGHTER CHICKEN WALDORF SALAD

3/4	pound	Roasted chicken breast (2 Boneless -- skinless halves)
1	medium	Granny Smith apples -- cored And diced in 1/2-inch pieces
1		Rib celery -- finely minced
1		Ripe mango -- peeled and diced
2	tablespoons	Minced -- candied ginger *
1/3	cup	Light mayonnaise
1/3	cup	Nonfat sour cream
2	tablespoons	Lime juice
2	tablespoons	Mango chutney
1	teaspoon	Grainy mustard
3	tablespoons	Coarsely chopped walnuts
2	tablespoons	Minced fresh mint

1. Dice the cooked chicken. Combine with the apple, celery, mango and candied ginger.

2. In a medium bowl, combine the mayonnaise, sour cream, lime juice, chutney and mustard; mix well. Add to the salad, mixing well. Cover and refrigerate until ready to serve.

3. Just before serving, stir in the chopped walnuts and mint.

Lime Velvet Salad

1	package	Lime Jello
1	cup	Boiling water
3	ounces	Pkg cream cheese
2/3	cup	Crushed pineapple -- w/juice
1/2	cup	Celery -- chopped fine
1/4	cup	Chopped nuts
1/2	cup	Heavy cream -- whipped
		Cherries (optional garnish)

Dissolve gelatin in boiling water. Add chunks of cream cheese. Using mixer, beat at medium speed until well blended. Chill until slightly congealed. Add pineapple, celery and nuts. Fold in whipped cream. Pour in 3 cup mold and let set. Turn out on lettuce leaf and garnish with cherries if desired.

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1	cup	Boiling water
3	ounces	Pkg cream cheese
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Lime-Cilantro Dressing

1/2	cup	olive oil
		juice of 1 lime
4		garlic cloves
		-peeled, ends removed
1/2	cup	cilantro -- wash, dry
		fresh ground black pepper
1/4	teaspoon	sugar -- to taste
1/8	teaspoon	salt -- to taste

In a food processor fitted with a metal blade, combine the olive oil, lime juice, garlic, cilantro leaves, and black pepper. Process until smooth. Add sugar and salt to taste. Makes 1/2 cup.

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Liza Minnelli's Salade de Provence

2	cups	Frozen corn
1	medium	Pink grapefruit
1	cup	Hearts of palm
1/2	pound	Fresh mushrooms
1	teaspoon	Dijon mustard
1/2	teaspoon	Salt
1/4	teaspoon	Fresh ground black pepper
2	tablespoons	Red wine vinegar
1/3	cup	Safflower oil

Thaw corn to room temperature. Over moderate heat, cook corn until tender. Drain and set aside. Peel and remove white pith from the grapefruit. Separate sections; cut each section in half and pat dry with paper towels. Cut the hearts of palm into thin slices.
Wipe the mushrooms clean. Trim the ends and slcie very thinly. In large salad bowl, combine mustard, salt, pepper and vinegar; stir until everything has dissolved. Slowly pour in the oil, whisking constantly until smooth. Attractively arrange the grapefruit and veggies in the bowl. Bring to table and toss just before serving.

Louise's Potato Salad

9 new red potatoes,in bite sized pieces. Wash well but leave unpeeled. Take out little black dirt spots.

2 medium sized white onions chopped small. (Buy flat onions, sweeter)

8 slices cooked and crumbled bacon

1 whole package chopped fresh chives (1/2 cup chopped)

1 whole package fresh dill (about 1/2 cup chopped)

DRESSING [make separately 3/4 cup good mayonnaise
3/4 cup sour cream (low fat is okay)
3 eggs hardboiled
8 dashes of Worcestershire sauce
1 level teaspoon Allspice
1/4 teaspoon chili powder
1/2 teaspoon dried dill
1 tablespoon dried chives
Sweet hungarian paprika to sprinkle over top

1. Prepare and cook the potatoes until just tender, drain & set aside to cool.

2. Place the cooled potatoes in a large mixing bowl and add the crumbled bacon, onions, fresh chives and fresh dill.

3. Mix the mayo and sour cream in food processor or blender. Add the Worcestershire, allspice and chili powder dried dill and dried chives. Add the hardboiled eggs and whip together at high speed for a fluffy dressing. Add freshly ground pepper and salt to taste.

4. Fold into the potatoes. Put into a serving dish and sprinkle with paprika. I serve lots of thinly sliced radishes around the side of the dish.

Low-Calorie Buttermilk Dressing

2	cups	Lowfat cottage cheese
1	cup	Buttermilk
1	tablespoon	Red wine vinegar
2	tablespoons	Parsley -- chopped
10	milliliters	Garlic -- chopped
1/4	teaspoon	Salt

In blender or food processor, mix cottage cheese until smooth. Add remaining ingredients and blend.

Makes about 3 cups dressing for green salads. Will keep in refrigerator for 2 weeks.

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1	cup	Buttermilk
1	tablespoon	Red wine vinegar
2	tablespoons	Parsley -- chopped
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1/4	teaspoon	Salt

In blender or food processor, mix cottage cheese until smooth. Add remaining ingredients and blend.

Makes about 3 cups dressing for green salads. Will keep in refrigerator for 2 weeks.

Macaroni Medley Salad

3/4	cup	Buttermilk
3/4	cup	Fat-free mayonnaise
2	tablespoons	Fresh dill, chopped -- or 1 ts dill
4	cups	Cooked rotini pasta -- cooled
15	ounces	Canned kidney beans -- drained rinsed
10	ounces	Frozen green beans, cooked -- drained and cooled
8	ounces	Fat-free cheddar cheese -- Healthy Choice, cube

Mix together buttermilk, mayonnaise and dill. Pour over combined pasta, beans and cheese; mix lightly.
Chill. 16 Servings

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Mix together buttermilk, mayonnaise and dill. Pour over combined pasta, beans and cheese; mix lightly.
Chill. 16 Servings

MACARONI SALAD FOR 100

5		To 6 lbs. fully cooked ham -- cubed
5		To 6 lbs. macaroni -- cooked drained
3	pounds	Shredded cheddar cheese
2		Bags (20 oz. ea.) frozen -- peas, thawed
2	bn	Celery -- chopped (about 12
2	large	Onions -- chopped (2 to 2 1/2
2	cans	(5 3/4 oz. ea.) pitted ripe -- olives, Drained and sliced
		DRESSING:
2	quarts	Mayonnaise
8	ounces	Western or French salad -- dressing
1/4	cup	Vinegar
1/4	cup	Sugar
1	cup	Light cream
1 1/2	teaspoons	Onion salt
1 1/2	teaspoons	Garlic salt
1	teaspoon	Salt
1	teaspoon	Pepper

SALAD:

Combine all salad ingredients. Combine all dressing ingredients; pour over the salad mixture and toss.

Refrigerate.

MAI FUN CHICKEN SALAD WITH HOISIN DRESSING

		-----HOISIN DRESSING-----
3	tablespoons	Rice vinegar
1/4	cup	Salad oil
1	tablespoon	Hoisin sauce
2	teaspoons	Sesame seeds
2	teaspoons	Minced fresh gingerroot
		-----SALAD-----
		Napa/Savoy cabbage leaves
2	cups	Mai fun *
1	cup	Finely shredded carrots
2		Lg cooked chicken breasts*
1/2	cup	Sugar snap peas **
		Vegetable garnishes ***

*Note: Mai fun should be prepared according to package directions.
*Chicken breasts should be skinned, boned and cut into thin slices.

**Snap peas should be blanched and chilled.

***Suggested vegetable garnishes: Japanese or regular cucumber slices, straw mushrooms, carrot flowers.

Combine vinegar, oil, hoisin sauce, sesame seeds and gingerroot in jar with lid. Cover and shake well. Chill. Meanwhile, to make salad, for each serving, line plate with cabbage leaves and over them arrange layer of mai fun. Then arrange shredded carrots, chicken slices, sugar snap peas and vegetable garnishes on plates as desired. Shake dressing again and pass at table.

Mandrin orange and green salad

1	each	Med bowl of mixed greens
1	each	Large can of mandrin oranges
1/2	cup	Chopped pecans
		-----GARNISH-----
1	each	Purple onion rings
		-----DRESSING-----
1/3	cup	Wine vinegar
1/2	cup	Sugar
1	cup	Salad oil
1	teaspoon	Salt
1	teaspoon	Dry mustard
2	tablespoons	Water

For mixed greens use leaf romaine and regular.

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1	teaspoon	Salt
1	teaspoon	Dry mustard
2	tablespoons	Water

For mixed greens use leaf romaine and regular.

Maple Leaf Dressing

	3/4	cup	vinegar
1	1/2	cups	oil
2		tablespoons	worcestershire sauce
1		teaspoon	salt
1	1/2	teaspoons	pepper -- crushed
1		tablespoon	dry mustard
	1/2	cup	sugar
1		can	tomato soup
1		piece	garlic -- diced

Mix together and let stand for 1 day before using

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1		piece	garlic -- diced

Mix together and let stand for 1 day before using

Marinated Three-Bean Salad

1	pound	green beans -- Blanched
1	pound	wax beans -- Blanched
2/3	cup	salad oil
1/3	cup	red wine vinegar
1	tablespoon	sugar
1 1/2	teaspoons	salt
1	teaspoon	rosemary
1	teaspoon	dry mustard
1/4	teaspoon	pepper -- grated
2	cans	red kidney beans -- 15 oz cans

blanch beans, in bowl whisk oil, vinegar and spices. add beans and cover, refrigerate for at least 6 hours.

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2/3	cup	salad oil
1/3	cup	red wine vinegar
1	tablespoon	sugar
1 1/2	teaspoons	salt
1	teaspoon	rosemary
1	teaspoon	dry mustard
1/4	teaspoon	pepper -- grated
2	cans	red kidney beans -- 15 oz cans

blanch beans, in bowl whisk oil, vinegar and spices. add beans and cover, refrigerate for at least 6 hours.

Marinated Veggies

1	can	French Style Green Beans -- drained
1	can	Shoepeg Corn-drained
1	can	Baby Peas -- drained
1	cup	chopped celery
1	cup	diced onion
1	cup	diced bell peppers
1	small jar	pimentos
		MARINADE
2/3	cup	sugar or artificial -- sweetener
2/3	cup	white vinegar
1/3	cup	lite oil -- (your choice)
1	tsp	salt
1	tsp	celery seed

Mix marinade and add veggies, let set at least four hours, overnight is best.

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1	can	Shoepeg Corn-drained
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1/3	cup	lite oil -- (your choice)
1	tsp	salt
1	tsp	celery seed

Mix marinade and add veggies, let set at least four hours, overnight is best.

Market Salad With Capers

1	Sm	Tomato -- diced
1	Ear	Corn
2	Med	Red Potatoes -- cooked
2	Tsp	Capers -- drained
1/4	Tsp	Paprika
2	Tbsp	Olive Oil
1/2	Tbsp	Red Wine Vinegar
		Salt And Pepper -- to taste

Peel potatoes if desired. Dice. Cook corn and remove from cob. Combine tomato, corn, potatoes, and capers in salad bowl. Stir together paprika, oil, vinegar, salt, and pepper in small bowl. Pour over vegetables and toss well. Let stand 5 minutes for flavors to blend.

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MARLBORO COUNTRY GUACAMOLE

1	each	Large ripe avocado (about 8
1/4	cup	Finely chopped onion
1	tablespoon	Seeded and finely chopped pi
1	tablespoon	Lemon juice
1/4	teaspoon	Salt

Peel, pit and mash avocado; add remaining ingredients and mix thoroughly. Makes about a cup.

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Peel, pit and mash avocado; add remaining ingredients and mix thoroughly. Makes about a cup.

Mayfair Dressing

3		to 4 cloves garlic
1/2	medium	onion
1	stalk	celery
2	cups	oil
1/4	cup	prepared mustard
1/2		whole black peppercorns -- or more
3		eggs
1	ounce	anchovies -- or 2 oz
1	tablespoon	Accent seasoning mix

Blend in Blender makes 4C Every St. Louis cook has this recipe. It's the best!

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MEDITERRANEAN GRILLED CHICKEN SALAD

2/3	pound	(2 medium) potatoes -- - cut into 3/4-inch
4	ounces	Mushrooms -- halved
4	ounces	Green beans; halved -- steamed until crisp-
		-----VINAIGRETTE-----
1/4	cup	Olive oil
2	tablespoons	White wine vinegar
1		Garlic clove -- minced
2	teaspoons	Minced fresh tarragon -- OR..
3/4	teaspoon	Dried tarragon
2	teaspoons	Dijon-style mustard
1/4	teaspoon	Sugar
1/4	teaspoon	Salt
1/8	teaspoon	Pepper
2		Chicken breast halves -- - (boned and skinned
		(about 6 ounces each)
1/4	cup	Chopped red onion
		Halved cherry tomatoes -- - for garnish

In 1-quart saucepan over medium heat cook potatoes, covered, in 2 inches boiling water until tender, about 15 minutes; drain.

Meanwhile, make vinaigrette: In bowl whisk together all vinaigrette ingredients. Place potatoes, mushrooms and beans in separate piles in large shallow dish; drizzle with 1/3 cup of the vinaigrette to coat. Cover; let stand 15 minutes. Heat broiler. Meanwhile, in bowl add chicken to the remaining vinaigrette; cover and let stand 15 minutes. Remove chicken from vinaigrette (discard vinaigrette); broil 4 to 5 inches from heat source about 8 minutes until juices run clear when chicken is pierced, turning once. To serve, slice chicken breasts and arrange on 4 plates with potatoes, mushrooms and beans, dividing equally. Sprinkle with onion and garnish with cherry tomatoes.

MEXICAN BEEF SALAD

3/4	pound	Beef top round steak
1/2	teaspoon	Unseasoned meat tenderizer -- instant
3	tablespoons	Vegetable oil
3	tablespoons	Vinegar
1/2	teaspoon	Salt
1/4	teaspoon	Ground cumin
1/4	teaspoon	Dried oregano -- crushed
1/8	teaspoon	Garlic powder
1/8	teaspoon	Ground red pepper
1	can	Yellow hominy -- drained
	16	ounce can
1		Small onion -- sliced
		separated into rings
1		Green pepper -- sliced into rings
1/3	cup	Sliced pitted ripe olives
4	cups	Torn lettuce
1/2	cup	Halved cherry tomatoes
		Lettuce leaves
1/2	cup	Monterey Jack cheese (2 oz) -- finely grated

Partially freeze meat. Slice meat across the grain into bite-size strips.

Sprinkle meat tenderizer over meat. In a 1 1/2-quart microwave-safe casserole, combine beef and 1 tablespoon oil. Cover with waxed paper. Cook on high (100 percent) power 3 to 5 minutes or until meat is done, stirring every 2 minutes. Remove meat, reserving drippings in dish. Add remaining 2 tablespoons oil to drippings. Stir in vinegar, salt, cumin, oregano, garlic powder and red pepper. Cook, uncovered, on high power about 30 seconds or until bubbly. Add meat, hominy, onions, green pepper and olives. Toss gently to coat.

In a large mixing bowl, combine meat mixture, torn lettuce and tomatoes. Toss gently to coat. Spoon mixture onto lettuce-lined plates. Sprinkle with cheese. Makes 4 to 6 servings.

Mexican Green Bean Salad

1	pound	green beans
1/2	cup	olive oil
2		jalapeno peppers -- seeded and chopped
1	tablespoon	vinegar
2	tablespoons	lemon juice
1	tablespoon	onion -- minced
1	tablespoon	parsley -- minced
1	tablespoon	fresh cilantro -- minced

Steam green beans until tender-crisp, about 15 minutes. Drain. Whisk together other ingredients and pour over warm green beans. Allow to marinate at least 1/2 hour. Serve at room temperature or chilled.

Mexican Green Bean Salad

1	pound	green beans
1/2	cup	olive oil
2		jalapeno peppers -- seeded and chopped
1	tablespoon	vinegar
2	tablespoons	lemon juice
1	tablespoon	onion -- minced
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1	tablespoon	fresh cilantro -- minced

Steam green beans until tender-crisp, about 15 minutes. Drain. Whisk together other ingredients and pour over warm green beans. Allow to marinate at least 1/2 hour. Serve at room temperature or chilled.

MEXICAN PASTA SALAD

4		(3 Oz.) Boneless Skinned Chicken Breasts
1	teaspoon	Ground Cumin
1	teaspoon	Vegetable Oil
1/2	cup	Water
1/4	tablespoon	Chili Powder
1/2	teaspoon	Chicken Bouillon Granules
1	small	Ripe Avocado Chopped
1	cup	Fresh Cilantro
3	tablespoons	Lime Juice
1/4	cup	Green Onions
1	large	Jalapeno Pepper Chopped
10	milliliters	Garlic
6	ounces	Uncooked Fettucine
1/2	cup	Shredded Zucchini
1/4	cup	Sliced Black Olives
2	tablespoons	Chopped Tomatoes
		Fresh Cilantro Leaves (Optional)

Sprinkle Chicken With Cumin & Chili Powder. Heat Oil in A Medium Skillet; Add Chicken & Cook Over Medium Heat 3 To 4 Min. On Each Side. Add Water & Bouillon Granules; Reduce Heat & Simmer 15 Min. OR Until Chicken Is Done.

Remove Chicken From Broth, Reserving Broth in Skillet. Cover & Chill Chicken.

Bring Broth To A Boil & Cook Until Reduced To 1/4 C. Remove From Heat & Cool. Strain Broth Through A Sieve & Pour Into Processor. Add Avocado, Cilantro, Lime Juice, Green Onions, Pepper & Garlic. Process Until Smooth.

Cook Fettuccine According To Package Directions. Drain. Rinse Under Cold Water & Drain Again. Combine Fettuccine & Half Of Avocado Mixture; Toss Well. Place in Center Of A Serving Platter. Arrange Zucchini Around Fettuccine-Avocado Mixture. Cut Chilled Chicken Into 1/4 in. Strips & Arrange Over Fettuccine; Sprinkle With Olives. Spoon Remaining Avocado Mixture Into Center Of Chicken; Sprinkle With Chopped Cilantro. Garnish With Fresh Cilantro Leaves If Desired.

Minted Cucumber Salad

3	large	cucumbers
1/2	teaspoon	salt
2	cups	plain yogurt
2	teaspoons	rice wine vinegar
1/8	teaspoon	white pepper
1/2	teaspoon	sugar
1/4	cup	fresh mint -- chopped
2	tablespoons	fresh parsley -- chopped

Peel, seed, and chop cucumbers. Sprinkle with salt and allow to drain for half an hour.

Line a sieve with a coffee filter. Pour yogurt in and allow to drain for half an hour. In a glass or pottery serving bowl, combine yogurt with remaining ingredients. Stir in cucumber. Cover and refrigerate if not served at once.

Minted Melon Mold

1 1/2	cups	Boiling Water
3	ounces	(1 pk) Lemon Flavor Gelatin
3	ounces	(1 pk) Lime Flavor Gelatin
3/4	cup	Lime Juice
1/2	cup	Cold Water
1/8	teaspoon	Peppermint Extract
2	cups	Melon Balls *
		Lettuce Leaves
		Coconut Cream Dressing
		Garnishes **

* Melon balls can include things like Cantaloupe, or Honeydews, etc.
** Garnishes can be mint leaves and more melon balls.

In medium bowl, pour boiling water over gelatins; stir until dissolved. Add lime juice, cold water, and extract; chill until partially set. Fold in melon. Pour into lightly oiled 5-cup ring mold. Chill until set, about 3 hours or overnight.
Unmold onto lettuce. Serve with Coconut Cream Dressing; garinsh with mint leaves and/or melon balls, if desired.

Minted Pasta Salad

2	cups	pasta -- small:orzo,shells,zi
		Salt
1/3	cup	olive oil -- light
2	tablespoons	red wine vinegar
1/2	cup	fresh mint leaves -- chopped
1	teaspoon	fresh oregano -- chopped
2	cloves	garlic -- minced
		Freshly ground pepper to taste

1. Cook pasta in boiling salted water according to package directions until al dente; drain well.

2. Mix oil, vinegar, herbs, garlic, salt and pepper in a serving bowl. Add pasta and toss gently. Serve warm or at room temperature.

Minted Pasta Salad

2	cups	pasta -- small:orzo,shells,zi
		Salt
1/3	cup	olive oil -- light
2	tablespoons	red wine vinegar
1/2	cup	fresh mint leaves -- chopped
1	teaspoon	fresh oregano -- chopped
2	cloves	garlic -- minced
		Freshly ground pepper to taste

1. Cook pasta in boiling salted water according to package directions until al dente; drain well.

2. Mix oil, vinegar, herbs, garlic, salt and pepper in a serving bowl. Add pasta and toss gently. Serve warm or at room temperature.

Mixed Green Salad

12	C	Assorted Salad Greens -- to 14 C, Boston, red -- leaf, romaine, etc.
2		Nectarines -- slic in wedges
1/3	C	Walnuts -- toasted, *
		Balsamic Vinaigrette:
2/3	C	Olive Oil
2	Tbsp	Balsamic Vinegar
1/4	C	Orange Juice
1	Tbsp	Dijon Mustard
1	Clove	Garlic -- mashed
1/4	Tsp	Salt
		Black Pepper -- to taste

A colorful array of greenery tossed with a savory balsamic vinaigrette. Whenever nectarines are available, especially during the summer season, I slice up 2 of the succulent fruits and add them to the salad. They lend a delightfully refreshing touch. This recipe won 1st prize in a salad contest run by a Boston area newspaper.

1. Choose at least three of the varied salad greens - I usually select Boston and red leaf as my base and add two other types for their color and flavor.

2. Wash the greens, pat dry, and pile them into a large salad bowl. Adorn the greenery with the fruit and toasted walnuts.
3. Beat together the oil, vinegar, orange juice, mustard, garlic, salt, and pepper in a bowl.

4. Pour the dressing over the greenery and toss well to coat evenly. Present at once.

6 portions

Mock Hard-Cooked Eggs

8	Oz	Egg Beaters. 99% Egg Substitute -- or substitute

In an 8" skillet, pour Egg Beaters, or substitute. Cover tightly; cook over low heat 10 min or until just set. Remove from heat; let stand, covered for 10 min. Remove from skillet and cool completely. Chop and use in your favorite egg salad recipe or sprinkle over salads or casseroles.

NOTES : MAKES: 1 Cup chopped mock eggs

Mock Hard-Cooked Eggs

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NOTES : MAKES: 1 Cup chopped mock eggs

Mos' Nilly Guacamole

1	each	Large avocado
2	teaspoons	Lea & Perrins
1	each	Clove garlic
1	tablespoon	Salt
4	ounces	Feta cheese
2	tablespoons	Olive oil
1	tablespoon	Poupon or creole mustard
1	tablespoon	Lemon juice
2	tablespoons	Wine vinegar
3/4	cup	Chopped parsley or cilantro
2	teaspoons	Louisiana hot sauce
1	cup	Chopped tomatoes
		Lettuce -- as bed for serving

Mash garlic with salt to make a gritty paste, Add avocado and mash some more. Pour lemon juice over avocado so that it will keep its color. Stir well.

Add olive oil, add Louisiana hot sauce, stir, add Lea & Perrins Worcestershire sauce, stir, and add wine vinegar. Stir. Add Mustard. Stir. Crumble a good quantity of feta cheese in the dressing. Add chopped tomatoes and parsley. Stir well and serve over lettuce. This is also good for dipping. Makes about 3 cups.

Mr. Food's British Pepper Salad

4		green bell peppers -- cored/in 8 chunks
4		red bell peppers -- cored/in 8 chunks
1/8	cup	Worcestershire sauce
1 1/4	cups	ketchup
1	can (6oz)	black olives -- (pitted), drained
1	clove	garlic -- crushed

Fill a 2-quart saucepan three quarters full with water; bring to a boil then reduce the heat to medium. Add the peppers and stir gently once. After 2-3 minutes, when the peppers are still quite firm and just beginning to soften, remove them from the saucepan, draining any excess water. In a medium-sized bowl, combine the remaining ingredients. Add the peppers and toss to coat. Cover and chill for 1 hour or until ready to serve.

Mr. Food's Taco Salad

1	pound	ground beef
1	package	taco seasoning mix -- (1 1/4 oz.)
1	medium	iceberg lettuce -- chopped (about 8 C.)
2	cups	shredded cheddar cheese -- (8 oz.)
1	can(16oz)	kidney beans -- rinsed and drained
2	large	tomatoes -- diced (about 2 C.)
2	cans	sliced black olives -- (2.25oz ea);drained
1	bag(14.5oz)	tortilla chips -- (ranch); crushed
1	bottle(16oz)	french salad dressing -- (sweet&spicy)

In a medium-sized skillet, brown the ground beef with the taco seasoning mix, stirring to break up the meat; drain and cool. In an extra-large salad bowl, layer half of the lettuce, then half of the cheese, beans, ground beef, tomatoes, and olives. Repeat the layers once more, then top with crushed tortilla chips. Before serving, add the dressing and toss well to coat. Yield: 12 servings

MUSTARD POTATO SALAD

2	cups	Diced peeled potatoes (about -- 1 lb.)
1		Recipe Old-Fashioned Egg -- Salad (see previous Recipe)
1/4	cup	Mayonnaise
1	teaspoon	Prepared mustard
1/2	teaspoon	Dried minced onion
1/4	teaspoon	Salt
		Lettuce leaves
		Sliced radishes -- optional

In a saucepan, cover potatoes with water and cook until tender but firm. Drain and cool. In a bowl, combine egg salad, mayonnaise, mustard, onion and salt. Stir in cooled potatoes. Cover and chill. Serve on lettuce leaves; garnish with radishes, if desired.

MUSTARD POTATO SALAD

2	cups	Diced peeled potatoes (about -- 1 lb.)
1		Recipe Old-Fashioned Egg -- Salad (see previous Recipe)
1/4	cup	Mayonnaise
1	teaspoon	Prepared mustard
1/2	teaspoon	Dried minced onion
1/4	teaspoon	Salt
		Lettuce leaves
		Sliced radishes -- optional

In a saucepan, cover potatoes with water and cook until tender but firm. Drain and cool. In a bowl, combine egg salad, mayonnaise, mustard, onion and salt. Stir in cooled potatoes. Cover and chill. Serve on lettuce leaves; garnish with radishes, if desired.

My Favorite Coleslaw

1		cabbage head
1		onion -- minced
2	tablespoons	salad vinegar
1/4	cup	sour cream
1/4	cup	mayonnaise -- * see note
1	tablespoon	sugar
1/2	teaspoon	salt
1/4	teaspoon	black pepper
		paprika -- optional
		green bell peppers, slivered -- optional
		red bell peppers, slivered -- optional
1/2	teaspoon	dry mustard -- optional
1/4	teaspoon	celery seed -- optional

* Use only real mayonnaise, not salad dressing. This coleslaw must be allowed to blend flavors in refrigerator for 2 hours or more (overnight is best) for best taste.

Shred cabbage in VERY thin strands. Sprinkle evenly with vinegar, minced onion, fresh ground black pepper and sugar. Put into airtight bowl or plastic bag and refrigerator for 1 hour or more.

Mix sour cream, mayonnaise, dry mustard (if desired) and salt. If using green and red sweet peppers, sliver them before adding to sour cream mixture. Add celery seeds at this time also if you are using them. Add this mixture to chilled cabbage and shake in plastic bags or stir gently to mix thoroughly. Place back in refrigerator for 2 hours or more.

New England Style Potato Salad

3	pounds	potatoes -- cooked
1	cup	celery -- diced
5	tablespoons	vinegar
2	teaspoons	salt
4		eggs -- hard-cooked, sieved
1	pint	sour cream
1	teaspoon	pepper
1 1/2	tablespoons	mustard
1/2	clove	garlic -- crushed
1	n -- chopped	
1/2	cup	olives -- sliced

Peel potatoes, cut into 1/2 inch cubes and chill. Add celery, 3 tbs. vinegar and salt. Fold eggs into sour cream, add remaining vinegar, pepper, mustard, garlic and onion. Place potato mixture in salad bowl, add dressing and toss well. Garnish with olives.

New England Style Potato Salad

3	pounds	potatoes -- cooked
1	cup	celery -- diced
5	tablespoons	vinegar
2	teaspoons	salt
4		eggs -- hard-cooked, sieved
1	pint	sour cream
1	teaspoon	pepper
1 1/2	tablespoons	mustard
1/2	clove	garlic -- crushed
1	n -- chopped	
1/2	cup	olives -- sliced

Peel potatoes, cut into 1/2 inch cubes and chill. Add celery, 3 tbs. vinegar and salt. Fold eggs into sour cream, add remaining vinegar, pepper, mustard, garlic and onion. Place potato mixture in salad bowl, add dressing and toss well. Garnish with olives.

New Potato Salad

2	pounds	Potatoes -- new (approximately)
1	each	Dill cream dressing recipe
5	each	Green onions -- finely chopped
		Salt & pepper to taste

A local restaurant serves a simple, but elegant, potato salad as part of their Sunday Brunch menu.

This is my own attempt at duplicating it. Stir the chopped green onions into the Dill Cream Dressing.

Add salt and pepper to taste. You may also want to add more lemon juice or Dijon mustard at this point, as this produces a fairly bland dressing. Slice potatoes (leave skins on) about 1/4 inch thick. Place in a large bowl and fold in the dressing. Serve chilled. Best made the day before so the flavors have a chance to mingle.

No-Fat Italian Dressing

1/4	cup	Lemon juice
1/4	cup	Cider vinegar
1/4	cup	Apple juice -- unsweetened
1/2	teaspoon	Oregano
1/2	teaspoon	Dry mustard
1/2	teaspoon	Onion powder
10	milliliters	Garlic -- cut in half
1/2	teaspoon	Paprika
1/4	teaspoon	Basil
1/8	teaspoon	Thyme
1/8	teaspoon	Rosemary
		-----PER 2 TBLSPOONS-----
		*cals
		*mg sodium

Combine all ingredients. Chill for an hour or two at least to allow herbs to blend. Remove garlic clove pieces before serving. Makes 12 tablespoons.

No-Fat Italian Dressing

1/4	cup	Lemon juice
1/4	cup	Cider vinegar
1/4	cup	Apple juice -- unsweetened
1/2	teaspoon	Oregano
1/2	teaspoon	Dry mustard
1/2	teaspoon	Onion powder
10	milliliters	Garlic -- cut in half
1/2	teaspoon	Paprika
1/4	teaspoon	Basil
1/8	teaspoon	Thyme
1/8	teaspoon	Rosemary
		-----PER 2 TBLSPOONS-----
		*cals
		*mg sodium

Combine all ingredients. Chill for an hour or two at least to allow herbs to blend. Remove garlic clove pieces before serving. Makes 12 tablespoons.

No-Name-Yet Salad

1	each	16 oz can peeled tomatoes
1/2	cup	Chopped onion
1/2	teaspoon	Celery seed
4	each	Eggs -- hard boiled
2	tablespoons	Juice from peeled tomatoes
1	each	6 1/2 oz can tuna -- mashed
2	tablespoons	Dill relish
2	tablespoons	Mayonnaise (heaping)
1	tablespoon	Lea & Perrins
2	teaspoons	Poupon or creole mustard
1/4	teaspoon	Garlic powder
1	tablespoon	Olive oil
		Salt -- to taste
2	teaspoons	Louisiana hot sauce
2	teaspoons	Wine vinegar

Chop tomatoes, Mix the 1/2 cup onion, 1/2 tsp celery seed, 4 chopped hard boiled eggs, 2 Tbs juice from drained tomatoes, and 2 Tbs dill relish. Add sauce (directions follow). If it is too soupy, add some crushed saltine crackers. SAUCE: Beat mayonnaise and mustard really well, adding olive oil. Every time you add something, beat. Add all ingredients, beat the hell out of them. Add to salad.

Noodles in Sesame Sauce

10	ounces	Fresh chinese noodles
		Oil
		-----spicy sesame sauce-----
1 1/2	tablespoons	Vegetable oil
3	each	Green onions white minced
3	each	Cloves of garlic -- minced
		Piece of giner -- minced
2	each	Small asian chilli peppers
3 1/2	teaspoons	Rice vinegar
2	tablespoons	Soya sauce
2	tablespoons	Sugar
1 1/2	tablespoons	Chinese sesame paste
1/2	cup	Chicken stock or broth
1	teaspoon	Sesame oil
		----------garnish----------
1	tablespoon	Roasted sesame seeds
		Fresh coriander leaves chop
1/2	cup	Julienned carrots/cucumbers

Cook noodles, fresh or fried, until al dente. Drain and rinse in cool, then cold, water. Drain well.

Sprinkle with vegetable, peanut or sesame oil.

(Cold, oiled cooked noodles can be stored in the fridge for several days).

SAUCE: In a small skillet, heat vegetable oil and saute onions, garlic, ginger and chili peppers until garlic is soft but not brown. Turn off heat and add vinegar, soy sauce, sugar, sesame paste and chicken stock. Heat and simmer sauce, stirring for 2 minutes. Stir in sesame oil. Cool to room temperature. Pour sauce over chilled noodles and mix well. Heap noodles on s platter and garnish with sesame seeds, coriander and julienned vegetables.

OK Corral Salad

4	cups	Cooked Pasta wheels
		Raw Carrot *
		Med onion -- chopped
		Rib Celery -- sliced thin
		Green pepper -- chopped
		Radishes -- sliced thin
6 1/2	ounces	Can drained Tuna -- water pack
3/4	cup	Dressing (see recipe)

* Scrubbed and sliced into thin matchsticks.

This pasta salad gets its name from the shape of the pasta, but you could just as easily use shells and rename it Seashell Salad, etc. Toss all the ingredients in a large salad bowl and chill. The salad can be made the night before and refrigerated. If you want to take it easy, just slice all the veggies with a food processor.
BASIC DRESSING 1 c extra-virgin olive oil 2t Honey 2/3 c brown rice vinegar freshly ground black or 1t Salt 1 garlic clove, mashed

Combine all ingredients and shake well or blend. Refrigerate. Keeps for up to a week. Makes a little less than 2 cups.

OLD-FASHIONED EGG SALAD

1/4	cup	Mayonnaise
2	teaspoons	Lemon juice
1	teaspoon	Dried minced onion
1/4	teaspoon	Salt
1/4	teaspoon	Pepper
6		Hard-cooked eggs -- chopped
1/2	cup	Finely chopped celery
		Lettuce leaves or bread

In a bowl, combine mayonnaise, lemon juice, onion, salt and pepper. Stir in eggs and celery. Cover and chill. For each serving, spoon about 1/2 cup onto a lettuce leaf or spread on bread.

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1	teaspoon	Dried minced onion
1/4	teaspoon	Salt
1/4	teaspoon	Pepper
6		Hard-cooked eggs -- chopped
1/2	cup	Finely chopped celery
		Lettuce leaves or bread

In a bowl, combine mayonnaise, lemon juice, onion, salt and pepper. Stir in eggs and celery. Cover and chill. For each serving, spoon about 1/2 cup onto a lettuce leaf or spread on bread.

Olive Garden Salad Dressing

1 1/2	c	Bottled italian dressing
2	tb	Parmesan -- grated
2	tb	Sugar or equivalent in -- equa
1	lg	Raw egg -- or egg beaters
		1 egg -- or
2	tb	Mayonnaise

Blend in blender on high speed 1/2 minute or until smooth. Pour this mixture into the top of a double boiler and add 1/4 c oil. Stir gently with a whisk over gently boiling water until it begins to thicken and egg is completely cooked. Chill several hours or overnight before using. If the dressing is too thick, add more Italian dressing as needed. Mix together equal amounts of fresh spinach, iceberg and romaine lettuce. Allow 2 C for each salad. Moisten leaves in dressing, do not saturate; let stand 5 minutes. Add onion rings, radish, etc.

Oprah's Chicken Salad with Dressing

1 1/2	cups	Chicken breast -- skinless boneless
1/4	cup	Peas
1	tablespoon	Golden raisins
1/4	cup	Carrots -- shredded
1	cup	Red cabbage -- shredded
1/4	cup	Apples -- diced
1/4	cup	Scallions -- sliced
1/4	cup	Celery -- diced
		-----DRESSING-----
1/8	teaspoon	Celery seed
1	cup	Nonfat yogurt
1	tablespoon	Nonfat mayonnaise
3	teaspoons	Curry powder -- optional
3	tablespoons	Lemon juice
1	tablespoon	Dijon mustard
2	tablespoons	Shallots -- diced
		Black pepper

Toss salad ingredients. Put dressing ingredients in blender and blend. Serve over salad.

Oprah's Mock Caesar Salad

20	milliliters	Garlic -- minced
1/4	cup	Lemon juice
1/4	cup	Low-sodium soy sauce
		Fresh cracked black pepper
3	cups	Romaine lettuce -- torn
3	cups	Endive -- torn
1	large	Tomato -- chunked
1	tb	Parmesan

Mix garlic, lemon juice, soy sauce and pepper for the dressing. Toss with lettuces and tomatoes.

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1/4	cup	Lemon juice
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		Fresh cracked black pepper
3	cups	Romaine lettuce -- torn
3	cups	Endive -- torn
1	large	Tomato -- chunked
1	tb	Parmesan

Mix garlic, lemon juice, soy sauce and pepper for the dressing. Toss with lettuces and tomatoes.

Orange and Onion Salad

1	each	Head romaine lettuce
7	ounces	Mandarin oranges -- drained
1	each	Toasted sliced almonds
		----------dressing----------
2	tablespoons	Sugar
1/2	tablespoon	Salt
1	teaspoon	Tarragon
1/4	teaspoon	Pepper
2	each	Dashes tabasco sauce
1/3	cup	Vinegar
1	each	Egg yolk
3/4	cup	Vegetable oil
1/2	teaspoon	Dijon mustard

Place sugar, salt, tarragon, pepper, tabasco, mustard in blender. Slowly add vinegar and blend well. Add egg yolk, and with blender running, slowly add oil.

Blend until desired consistency. Let dressing sit in a jar for 1 hour before using, to blend flavours. Shake well before using.

Orange Jello Salad

1	package	Orange Jello -- large
1	package	Small curd cott cheese -- large
1	package	Cool whip -- large

In a serving dish (casserole), mix a large box of dry Jello mix with a Large container of SMALL curd cottage cheese. Mix thoroughly until jello is dissolved.

Fold in large container of Cool Whip. Blend thoroughly. Chill thoroughly. Garnish with mint leaves or mandarine orange slices. This recipe is also great with PEACH jello. A combination of peach and orange is also another alternative (a small box of each). If you make the peach salad, you can add a can of crushed pineapple (DRAINED) for a fruity salad.

Orange Jicama Salad

2		romaine lettuce -or butter lettuce heads -tear into long shreds
1/4	large	jicama -- julienned
4		navel oranges -peeled and sectioned
1	medium	red onion -- chopped
8		radishes -- sliced -or cut into flowers
6	tablespoons	vegetable oil
2	tablespoons	fresh orange juice
1/2	teaspoon	chili powder
1	teaspoon	white vinegar
1/4	teaspoon	salt
		fresh ground pepper -- to taste

On 8 individual salad plates, arrange a bed of shredded lettuce. Sprinkle the jicama on top. Arrange about 5 orange sections in a flower pattern on top of each. Sprinkle with the chopped red onion. Put a radish in the center of each salad. In a small, tightly lidded jar, combine the oil, orange juice, chili powder, vinegar, salt and pepper. Shake to blend well. Sprinkle about 1 tablespoon over each salad just before serving.

Orange Poppyseed Dressing

2/3	cup	Safflower or corn oil
1/4	cup	Lime juice
2	tablespoons	Orange juice
2	tablespoons	Orange rind -- grated
2	tablespoons	Honey
2	tablespoons	Onion -- minced
1	tablespoon	Poppy seeds
		Salt & pepper to taste

** I used peanut oil and minced green onions when I made this. I served it on a salad of Boston lettuce with melon and chopped prosciutto. Slightly toast the poppy seeds (method below). Place all ingredients in a screw-top jar. Shake vigorously. Chill until serving. This dressing complements any green salad, but the addition of some small chunks of cantelope, honeydew, or star fruit to your greens will enhance the orange-honey flavor of the dressing. Or try it over slices of cold roast pork with nectarine wedges on watercress. Poppy Seeds: Did you know that it takes almost a million seeds to make a pound? These tiny bluish-black gems come from the opium poppy plant. But even if you eat a million, you won't experience any narcotic effect. Connoisseurs say those imported from Holland taste best. For even better flavor, seeds should be slightly toasted in a 350 degree oven for about 5 minutes.

Orange-Jicama Salad

		Butter lettuce leaves
1	tablespoon	Fresh orange juice
1	each	Large orange -- peeled/sliced
1	teaspoon	White wine vinegar
1	cup	Julienne of peeled jicama
		Salt & freshly ground pepper
1/2	cup	Chopped red onion
1	tablespoon	Minced fresh cilantro
3	tablespoons	Olive oil

Line plates with lettuce. Tob with orange slices.
Mound with jicama. Sprinkle with chopped red onion. Blend juice,
vinegar, salt & pepper in small bowl.

Whisk in oil in thin stream. Spoon over salads.
garnish with minced cilantro.

Orange-Jicama Salad

		Butter lettuce leaves
1	tablespoon	Fresh orange juice
1	each	Large orange -- peeled/sliced
1	teaspoon	White wine vinegar
1	cup	Julienne of peeled jicama
		Salt & freshly ground pepper
1/2	cup	Chopped red onion
1	tablespoon	Minced fresh cilantro
3	tablespoons	Olive oil

Line plates with lettuce. Tob with orange slices.
Mound with jicama. Sprinkle with chopped red onion. Blend juice,
vinegar, salt & pepper in small bowl.

Whisk in oil in thin stream. Spoon over salads.
garnish with minced cilantro.

ORIENTAL CABBAGE SALAD

3	ounces	Ramen w/ chicken flavor
4	cups	Cabbage -- shredded
4	each	Green onions -- sliced (1/4 c
2	tablespoons	Sesame seed
3	tablespoons	Vinegar
2	tablespoons	Sugar
2	tablespoons	Salad oil
1/2	teaspoon	Ground white pepper
1/4	teaspoon	Salt
1/2	cup	Almonds -- toasted slivered

This is from Better Homes & Gardens for someone that had asked for this type of salad. Crush noodles slightly; Pour boiling water over noodles in a colander to soften slightly, drain well, combine noodles, cabbage, onions and sesame seed. Dressing: in a screw-top jar combine seasoning packet from noodles, vinegar, sugar, oil, pepper and salt; shake to mix well. Pour over cabbage mixture and toss.

Cover and chill several hours or overnight. Before serving, stir in almonds.

Oriental Flavored Cucumber Salad

1	each	English cucumber
1	tablespoon	Rice vinegar
1	tablespoon	Soy sauce
1	tablespoon	Vegetable oil
1/2	teaspoon	Oriental sesame oil
1/2	teaspoon	Salt
1/2	teaspoon	Sugar
1/4	teaspoon	Hot chinese chili paste
1	each	Small clove garlic -- minced

Trim ends off cucumber and cut into 1 inch chunks.

Combine rice vinegar with soya sauce, vegetable oil, sesame oil, salt, sugar, hot chili paste and garlic.

Mix dressing with cucumbers and serve at room temperature.

Oriental Flavored Cucumber Salad

1	each	English cucumber
1	tablespoon	Rice vinegar
1	tablespoon	Soy sauce
1	tablespoon	Vegetable oil
1/2	teaspoon	Oriental sesame oil
1/2	teaspoon	Salt
1/2	teaspoon	Sugar
1/4	teaspoon	Hot chinese chili paste
1	each	Small clove garlic -- minced

Trim ends off cucumber and cut into 1 inch chunks.

Combine rice vinegar with soya sauce, vegetable oil, sesame oil, salt, sugar, hot chili paste and garlic.

Mix dressing with cucumbers and serve at room temperature.

Oriental Green Salad

1	cup	Leaf lettuce -- torn
1	cup	Chinese cabbage -- torn
1	cup	Mung bean sprouts
1/2	cup	Bamboo shoots; sliced -- cannd
1/4	cup	Carrots -- thinly sliced
1/4	cup	Celery -- thinly sliced
1/4	cup	Broccoli -- chopped
3	tablespoons	Low-sodium soy sauce
3	tablespoons	Rice vinegar
2	tablespoons	-- water
1/4	teaspoon	Fresh garlic -- minced
1/4	teaspoon	Fresh ginger root -- minced
		*cals
		*gm protein
		*gm fat
		*gm carbo
		*mg sodium
		*gm fiber

Salad: Combine all vegetables in a large bowl. Toss to mix. Set aside. Dressing: Combine all dressing ingredients in a blender or small jar. Process briefly or shake well to combine ingredients. Pour over salad and toss to coat. Serve at once. Serves 4.

Oriental Spinach Salad

1	each	Bunch of spinach
1	can	Water crestnuts(sliced)
1	can	Bean sprouts(drained)
2	each	Hard boiled eggs
1/4	pound	Bacon (fried and crumbled)
		-----DRESSING-----
1/2	cup	Oil
1/8	cup	White vinegar
1/2	cup	Med. onion
1/4	cup	Sugar
1	teaspoon	Salt
3	teaspoons	Ketchup

Blend dressing one day in advance.

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1/8	cup	White vinegar
1/2	cup	Med. onion
1/4	cup	Sugar
1	teaspoon	Salt
3	teaspoons	Ketchup

Blend dressing one day in advance.

Orzo and Artichoke Salad with Prosciutto

3/4	cup	orzo
3	tablespoons	olive oil
1/4	cup	chicken broth -- canned or fresh
1/2	package	frozen artichoke hearts (9 oz. pkg.) -- thawed
1	tablespoon	white wine vinegar
1	tablespoon	fresh lemon juice
2	teaspoons	Dijon mustard
2	tablespoons	fresh basil -- minced
2	each	green onions -- finely chopped
1/3	cup	prosciutto -- sliced, chopped
1/3	cup	fresh parmesan (about 1 oz.) -- grated
2	tablespoons	fresh parsley -- chopped

Cook orzo in large saucepan of boiling salted water until aldente. Drain. Rinse under cold water and drain again. Transfer orzo to large bowl. Add 1 tablespoon olive oil and toss to combine.

Bring chicken broth to simmer in heavy medium saucepan. Add artichokes and simmer 3 minutes. Drain. Mix artichokes into orzo.

Whisk vinegar, lemon juice and mustard in small bowl. Whisk in remaining 2 tablespoons oil. Stir in basil. Pour dressing over orzo. Add all remaining ingredients and toss well. Season to taste with salt and pepper. Cover and refrigerate. (Can be prepared 1 day ahead.) Serve chilled.

Overnight Layered Salad

3	cups	Shredded lettuce
2	cups	Shredded spinach
1/2	cup	Sliced radishes
2	cups	Cooked cubed chicken
1/2	cup	Celery cut diagonally
1	cup	Shredded chedder cheese
2/3	cup	Mayonnaise
1/2	teaspoon	Worcestershore sauce
1/4	teaspoon	Dry Mustard
2	tablespoons	Sliced green onions

In salad bowl, layer ingredients in following order; half lettuce, half spinach, radishes, chicken, celery, remaining lettuce remaining spinach and cheese.

Combine mayonnaise, worcestershire sauce and dry mustard. Spread evenly over top of salad. Cover and chill several hours or overnight. Garnish with sliced green onions. Toss just before serving.

PARMESAN CHEESE DRESSING

1/4	cup	Milk
1/2	cup	Mayonnaise
1/4	cup	Grated Parmesan cheese
1	teaspoon	White wine vinegar
1/4	teaspoon	Worcestershire sauce

Gradually blend milk into mayonnaise. Mix in cheese, vinegar and worcestershire sauce. Chill. Serve on tossed salad greens or on a "meaty" chef salad. Makes 3/4 cup.

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Gradually blend milk into mayonnaise. Mix in cheese, vinegar and worcestershire sauce. Chill. Serve on tossed salad greens or on a "meaty" chef salad. Makes 3/4 cup.

Pasta Salad

1	pound	Pasta -- spirals
1	package	Viva Italian dressing
1	each	Cucumber -- cubed
1	each	Fresh Broccoli -- cut up
1	can	Cici beans -- optional
1	each	Carrots -- cut up
1	each	Celery -- cut up

Cook pasta as directed on the box. Drain. Add a little Italian dressing to prevent sticking together.

Cool. While pasta is cooling, cut up all fresh vegetables into bite size pieces. Add any vegetables that you prefer. In a large bowl, add vegetables to pasta. Add Italian dressing and mix thoroughly.
Chill salad. Prior to serving, add remaining Italian dressing and mix again. Salad is excellent when cold.

The longer you chill it, the better it is.

Pasta Salad #2

12	Ounces	Colored Rotini Pasta -- cook/drain/cool
8	Ounces	Feta Cheese -- chunked
1		Tomato -- cut up
1		Green Pepper -- cut up
1		Red Pepper -- cut up
2	Tablespoons	Green Onion -- chopped
		-----Dressing-----
2/3	Cup	Olive Oil
3	Tablespoons	Red Wine Vinegar
1/4	Cup	Fresh Basil -- chopped -or-
2 1/2	Teaspoons	Dried Basil
1	Teaspoon	Dried Oregano
		Salt And Pepper -- to taste

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8	Ounces	Feta Cheese -- chunked
1		Tomato -- cut up
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2	Tablespoons	Green Onion -- chopped
		-----Dressing-----
2/3	Cup	Olive Oil
3	Tablespoons	Red Wine Vinegar
1/4	Cup	Fresh Basil -- chopped -or-
2 1/2	Teaspoons	Dried Basil
1	Teaspoon	Dried Oregano
		Salt And Pepper -- to taste

Pasta Salad (Good For Picnics)

		-----Salad Makings-----
1	Pkg	Cheese Tortellini
1	Can	Artichoke Hearts
1	Carrot	Thinly Sliced
		Broccoli Florets -- (or asparagus)
1		Red -- sliced into strips
3		Green Onions -- sliced thinly
		Parmesan Cheese
		-----Dressing-----
1	Clove	Garlic
		Salt And Pepper
1	Tsp	Mustard
1/3	C	Balsamic Vinegar
2/3	C	Olive Oil
		Basil

Cook the tortellini according to package directions. Drain and rinse the artichoke hearts and cut them into quarters. Add the remaining salad makings (except the parmesan) and toss with the dressing. Give it a generous sprinkling of parmesan and refrigerate. You might want to be a little easy on the salt in the dressing because of the parmesan and the cheese in the tortellini.

Pasta Salad Primavera

20	milliliters	Garlic -- minced
2	cups	Broccoli flowerettes -- blanch
1/2	cup	Red pepper -- thinly sliced &
1/2	cup	Carrot -- shaved
1		Tomato, peeled -- seeded and
1/2	teaspoon	Basil
1/2	pound	Corkscrew pasta -- cook & drain
1/4	cup	Olive oil
1	tablespoon	Red wine vinegar
		Salt and pepper

Spray large skillet with vegetable cooking spray, according to directions. Saute garlic. Add broccoli, red pepper, carrot, tomato and basil;stir to heat through. Add sauteed vegetables to cooked macaroni and toss well. Pour on olive oil and vinegar. Season with salt and pepper; toss well. Serve warm or cold.

Pasta Salad with Chicken and Artichokes

1	pound	Pasta shells
2	tablespoons	Oil
1 1/2	cups	Mayonnaise
3	tablespoons	Lemon juice
3	tablespoons	Chopped parsley
1	teaspoon	Dried parsley
3	cups	Diced cooked chicken
6	ounces	Jar artichokes chopped and
1	each	Dash of tabasco
1	each	Toasted almonds

Cook pasta in large pot of boiling, salted water until tender, but firm, 8 to 12 minutes, stirring often.

Drain well and rinse with cold water. Shake out excess water and toss pasta with oil. Combine mayonnaise, lemon juice, parsley and basil. Place pasta in large bowl. Add mayonnaise mixture, chicken, artichokes and tabasco. Toss well. Garnish with almonds. For a decorative presentation, serve in avacado halves, in tomato cups or on lettuce leaves. Yields 6-8 servings.

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Pasta with Asparagus Salad

1	lb	asparagus, blanched & cut in 1" pcs.
6	tablespoons	olive oil
1	clove	garlic, minced
1	lb	pasta (linguini or fettucini)
1	cup	tuna chunks
1/2	cup	ham, sliced in thin strips
8	to 10	black olives, sliced
2	tablespoons	lemon juice (or wine vinegar)
		salt and pepper

Heat olive oil and cook garlic 1 min. Cook pasta until al dente and drain.

Combine pasta with oil and garlic in large bowl. Add remaining ingredients and toss well. Serve at room temp. or refrigerate until cold if desired.

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1/2	cup	ham, sliced in thin strips
8	to 10	black olives, sliced
2	tablespoons	lemon juice (or wine vinegar)
		salt and pepper

Heat olive oil and cook garlic 1 min. Cook pasta until al dente and drain.

Combine pasta with oil and garlic in large bowl. Add remaining ingredients and toss well. Serve at room temp. or refrigerate until cold if desired.

Patriots Salad

2	packages	raspberry gelatin powder
2	cups	water -- boiling
1	packet	gelatin powder
1	cup	cold water
1	cup	half and half
1	cup	sugar
8	ounces	cream cheese
1	teaspoon	vanilla extract
1/2	cup	mixed nuts -- chopped
1 1/2	cups	blueberries

1. Dissolve 1 package raspberry gelatin in boiling water. Pour into 9 x 13 x 2-inch pan. Chill until firm.

2. Combine packet of unflavored gelatin with cold water; set aside.

3. Mix half and half in saucepan; bring to a boil. Remove from heat. Add softened cream cheese and beat until very smooth. Add vanilla extract, nuts and unflavored gelatin mixture. Stir until gelatin is dissolved. Cool, then pour over the chilled layer. Chill until firm.

4. Drain blueberries (if using canned); add enough water to blueberry juice to make 2 cups liquid. Bring this to a boil. Add remaining raspberry gelatin package; stir until dissolved. Cool this mixture then stir in blueberries.

5. Pour this mixture over cheese layer and chill until firm. Decorate with sliced strawberries and a few reserved blueberries if desired.

Peach Salad

6	each	Peaches sliced 1/3 segments
5	each	Kiwi fruit peeled sliced
3	each	Juice of 3 oranges
1	each	Juice of 1 lemon
1 1/2	tablespoons	Sugar
4	each	Fresh mint leaves

Place peach and kiwi slices in a medium bowl. Add citrus juices and sugar to taste. Stir very gently to blend. Place mint leaves on top of fruit and chill several hours.

Peach Salad

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5	each	Kiwi fruit peeled sliced
3	each	Juice of 3 oranges
1	each	Juice of 1 lemon
1 1/2	tablespoons	Sugar
4	each	Fresh mint leaves

Place peach and kiwi slices in a medium bowl. Add citrus juices and sugar to taste. Stir very gently to blend. Place mint leaves on top of fruit and chill several hours.

PEACHTREE STREET CHICKEN SALAD

		Chicken breasts
1/2	cup	Pecans
		Med peaches -- ripe
4	tablespoons	Mayonnaise
2	tablespoons	Sour cream
2	teaspoons	Lemon juice
3/4	teaspoon	Salt
1/4	teaspoon	Pepper
1	teaspoon	Brown sugar

Place chicken in a saucepan, breast side down, in 1-1/2 in of water. Cover. Simmer for 20 mins until chicken is fork-tender. Cool. Cut into bite-size pieces. During this time, toast pecans at 350 for 10 mins. Remove. Coarsely break up. Pare peaches, if desired. Cut into 3/4in pieces. In a small bowl, combine the mayonnaise, sour cream, lemon juice, salt, pepper and brown sugar. Toss gently with the chicken, pecans and peaches. Serve on a green leaf lettuce.

Peanut Butter Noodles

8	ounces	Pasta -- linguine (1 package)
3	teaspoons	Peanut butter
1/2	teaspoon	-Salt
2	tablespoons	Soy sauce
1	tablespoon	Sesame oil (can substitute o
1	teaspoon	Sugar
1/2	teaspoon	Vinegar -- white wine
2		Garlic cloves -- minced
1	teaspoon	Onion -- grated or minced

Cook linguine according to package instructions in boiling water; drain. In large bowl, mix all the remaining ingredients together. Add linguine to sauce and toss to coat well. Refrigerate.

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1/2	teaspoon	-Salt
2	tablespoons	Soy sauce
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1	teaspoon	Sugar
1/2	teaspoon	Vinegar -- white wine
2		Garlic cloves -- minced
1	teaspoon	Onion -- grated or minced

Cook linguine according to package instructions in boiling water; drain. In large bowl, mix all the remaining ingredients together. Add linguine to sauce and toss to coat well. Refrigerate.

PEPPERCORN SAUCE

4	each	Rib eye steaks -- 1"
1	cup	Heavy cream
2	tablespoons	Butter
1	tablespoon	Peppercorns -- *
1/2	cup	Sherry

*Drained canned and mashed The following green peppercorn sauce can be made many good cuts of steak but I prefer a rib eye or New York cut: Pat steaks dry and season with salt and pepper. In a heavy skillet, heat the butter over moderately high heat until it is hot.
Saute the steaks for 3 minutes on each each side for medium rare. Transfer the steaks to a warm platter and keep warm, covered loosely in the oven. Add sherry to the skillet, and deglaze it, scraping up the brown bits and boil the sherry, stirring, until it is reduced by half. Add cream and peppercorns and boil the sauce, stirring, until it is thickened slightly. Add the steaks, simmer the mixture, turning the steaks to coat them with the sauce for 1 minute. Transfer the steaks to a heated platter.

Perfection Salad

2	each	Envelopes Unflavored Gelatin
1/3	cup	Lemon Juice
2 3/4	cups	Water
1/2	cup	Sugar
1/4	cup	Cider Vinegar
1/2	teaspoon	Salt
2	cups	Finely Shredded Cabbage
1	cup	Chopped Celery
1/2	cup	Chopped Green Pepper
2	ounces	(1 jar) Slice Pimientos *

* Drain and chop the jar of pimientos.

In medium saucepan, soften gelatine in lemon juice; to stand 1 minute. Over low heat, cook until gelatine dissolves. Add water, sugar, vinegar and salt; stir until sugar disssolves.

Chill until partially set. Fold in remaining ingredients; pour into lightly oiled 6-cup mold.

Chill until set, about 3 hours or overnight.
Refrigerate leftovers.

Picnic Potato Salad

10	pounds	Potatoes
1	cup	Celery -- finely chopped
8	each	Eggs -- hard-boiled
1	cup	Fresh parsley -- finely chopped
2	cups	Dill relish
1 1/2	pints	Mayonnaise
1	cup	Sweet relish
1/2	cup	Yellow mustard
2	cups	Salad olives -- chopped
		Salt -- to taste
2	cups	Onions -- finely chopped
		Louisiana hot sauce

Boil potatoes in their jackets. Let cool, then peel and chop into large chunks. Mix mayonnaise, yellow mustard, Louisiana hot sauce, and salt together. Add potatoes, along with the rest of the ingredients, and mix well. You can make this the day before and refrigerate it overnight. You may need to put a little more dressing on it if it is a little dry.

Pineapple Coleslaw

1	can	chunk pineapple -- reserve juice
1/4	pound	green cabbage -- shredded
1/2	pound	carrots -- shredded
1/4	pound	red cabbage -- shredded
1/2	cup	sunflower seeds -- lightly toasted
2	tablespoons	frozen orange juice concentrate -- undiluted
1/4	teaspoon	salt

Drain pineapple, saving 2 tablespoons juice. In a bowl, combine pineapple cabbage, carrots, and sunflower seeds.
In separate bowl mix fat-free mayonnaise, orange juice, pineapple juice and salt. Pour over salad mixture, toss, and chill.

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1/4	pound	green cabbage -- shredded
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1/2	cup	sunflower seeds -- lightly toasted
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1/4	teaspoon	salt

Drain pineapple, saving 2 tablespoons juice. In a bowl, combine pineapple cabbage, carrots, and sunflower seeds.
In separate bowl mix fat-free mayonnaise, orange juice, pineapple juice and salt. Pour over salad mixture, toss, and chill.

Pistachio Salad

1	lg. pkg	pistachio pudding mix -- dry
1	lg. cont	Cool Whip -- thawed
1	large can	fruit cocktail
1	cup	nuts
1	cup	chopped cherries
		cherries halves
		pecan halves

Mix pistachio, cool whip, and fruit cocktail , and nuts and cherries. Put in a 9 x13x2 inch baking dish . Chill . Cut into desired size . Put a cherry half or a pecan half on every other .

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1	lg. pkg	pistachio pudding mix -- dry
1	lg. cont	Cool Whip -- thawed
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		cherries halves
		pecan halves

Mix pistachio, cool whip, and fruit cocktail , and nuts and cherries. Put in a 9 x13x2 inch baking dish . Chill . Cut into desired size . Put a cherry half or a pecan half on every other .

Pizza salad

1	pound	macaroni, whole-wheat -- Spirals
1	can	black olives -- drained
1	large	green pepper -- diced
1	large	tomato -- diced
1	large	onion -- diced
1	small	pepperoni slices
1	package	Cheddar cheese -- Cracker Barrel
16	ounces	Italian salad dressing, low calorie -- Good Seasons

Mix all ingredients together.
Eat.

Pizza salad

1	pound	macaroni, whole-wheat -- Spirals
1	can	black olives -- drained
1	large	green pepper -- diced
1	large	tomato -- diced
1	large	onion -- diced
1	small	pepperoni slices
1	package	Cheddar cheese -- Cracker Barrel
16	ounces	Italian salad dressing, low calorie -- Good Seasons

Mix all ingredients together.
Eat.

Pizzalinni Greek Salad Dressing

1/2	teaspoon	Dry Mustard
1/2	teaspoon	Salt
1	each	Large Egg
1 1/4	cups	Salad Oil
1	tablespoon	White Vinegar
2	tablespoons	Lemon Juice
6	each	Cloves Garlic -- finely minced
1	teaspoon	Dried Oregano
1/2	teaspoon	Worcestershire sauce
1	dash	Pepper (to taste)

In a small but deep bowl, mix mustard, salt, egg and vinegar. Add oil one drop at a time, beating constantly, until about one-third of the oil have been added. (Once the mixture begins to thicken, oil can be added several drops at a time). Slowly beat in remaining oil and lemon juice. Stir in minced garlic, oregano, worcestershire sauce.
Add pepper. Refrigerate mixture. Makes about 1 1/4 cups.

Potato Salad

2 1/2	pounds	maine potatoes
2	tablespoons	sweet pickle relish
8	ounces	Mayonnaise -- Hellmann's Brand
1	stalk	celery -- finely chopped
1	medium	onion -- finely chopped
1		green bell pepper -- cored, seeded, chop
1	tablespoon	sugar
1	teaspoon	salt
1/2	teaspoon	Black pepper -- freshly ground
	pinch	cayenne pepper
		- Large pinch, plus more for granish

1) Wash the potatoes but don't peel them. Place the potatoes in a large pot with enough water to cover them. Heat to boiling, then reduce the heat to a simmer. Cook the potatoes until they are tender but not mushy, about 30 minutes. Drain them and cool.

2) Peel the potatoes - a butter knife works well. Finely chop the potatoes and place them in a large bowl. Add the remaining ingredients and beat well until blended. The potato salad should be the consistency of a chunky puree. Taste it and add more cayenne, salt, or pepper if necessary. Transfer to a serving bowl and sprinkle lightly with cayenne pepper.

Potato Salad With Beer Dressing

6	each	Potatoes -- medium
4	each	Bacon -- slices
1	tablespoon	Onion -- chopped
1	each	Celery; stalk -- chopped
1	teaspoon	Salt
2	tablespoons	Butter
2	tablespoons	Unbleached flour
1/2	teaspoon	Mustard -- dry
1	tablespoon	Sugar
1	cup	Beer -- any brand
1/2	teaspoon	Tobasco sauce
2	tablespoons	Parsley -- chopped fresh

Boil potatoes in medium-size saucepan until just tender. Peel and slice. Fry bacon until crisp. Break into small pieces and mix with onion, celery and salt; set aside. Stir melted butter and flour in a small saucepan until blended. Add mustard and sugar.

Slowly stir in beer and Tabasco sauce. Bring to boil, stirring constantly. Pour over potatoes. Sprinkle with parsley. Toss lightly and let stand 1 hour. Add bacon mixture; toss gently and serve.

QUICK CHINESE CHICKEN SALAD

3/4	pound	Skinless chicken breasts
2	teaspoons	Salt
		-----SAUCE-----
1		Garlic clove -- peeled
1	slice	Fresh ginger -- peeled
2		Scallions -- with green tops trim
2	teaspoons	Chili bean sauce
2	teaspoons	Dark soy sauce
1	teaspoon	Sugar
2	teaspoons	White rice vinegar
2	teaspoons	Sesame paste -- =OR=- peanut butter
1/2	teaspoon	Salt
1/2	teaspoon	Freshly ground black pepper
2	teaspoons	Sesame oil
1/2	pound	Iceberg lettuce -- finely shredded
		-----DRESSING-----
2	tablespoons	White rice vinegar

REMOVE THE SKIN FROM THE CHICKEN BREASTS and place breasts in a pot. Put in enough cold water to cover the chicken, add the salt. Bring the mixture to a simmer, cook for 5 minutes. Turn off the heat and cover tightly. Let the chicken sit in the hot water for 10 minutes. While the chicken is sitting, combine the sauce mixture ingredients together in a blender and set aside.

Toss the lettuce with the white rice vinegar and place on a platter. Remove the chicken and allow to cool. Pull off the meat, finely shred and toss with the sauce. Place the chicken with sauce on top of the lettuce and serve at once.

Quick Spinach Salad With Sprouts

1	pound	Spinach
1/2	cup	Alfalfa Sprouts
1/4	cup	Feta Cheese -- crumbled
2	tablespoons	Sunflower Seeds
2	tablespoons	Olive Oil
2	tablespoons	Lemon Juice
2	tablespoons	Water
1	each	Garlic Clove, small -- minced
1	teaspoon	Dijon Mustard
		Salt
		Freshly Ground Black Pepper

EVERYDAY VINAIGRETTE

* Cubed skim-milk mozzarella cheese can be used instead of crumbled

Feta cheese. Rice vinegar, cider vinegar or balsamic vinegar can be used instead of lemon juice. Trim, wash and dry spinach. Tear into bite-sized pieces to make about 10 cups, lightly packed. Place in salad bowl. Add alfalfa sprouts, cheese and sunflower seeds. In small measuring cup, bowl or jar with screw top, combine oil, lemon juice, water, garlic, mustard, salt and pepper.

Mix well.

Quinoa Super Salad

5	ups	quinoa, cooked -- (basic recipe)
1	cup	carrots -- chopped
3/4	cup	parsley -- minced
1	cup	sunflower seeds
4	cloves	garlic, minced -- or to taste
1/4	cup	olive oil -- or less
1/4	cup	soy sauce or tamari -- Try braggs aminos
1/2	cup	lemon juice
		tomatoes
		black olives

Cook quinoa. let cool. Add carrots, parsley sunflower seed and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well. Garnish with tomato wedges and olives.

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5	ups	quinoa, cooked -- (basic recipe)
1	cup	carrots -- chopped
3/4	cup	parsley -- minced
1	cup	sunflower seeds
4	cloves	garlic, minced -- or to taste
1/4	cup	olive oil -- or less
1/4	cup	soy sauce or tamari -- Try braggs aminos
1/2	cup	lemon juice
		tomatoes
		black olives

Cook quinoa. let cool. Add carrots, parsley sunflower seed and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well. Garnish with tomato wedges and olives.

Ramen Salad

1/2	head	green cabbage -- chopped (as for slaw -- or buy a bag of pre-shredded slaw veggies)
1/2		carrot -- shredded
4		green onions -- chopped
1	package	ramen noodles (Oriental flavor)
2	Tablespoons	slivered almonds -- sunflower seeds, and sesame seeds
		Dressing -- whisk or shake together:
1/2	cup	salad oil
3	tablespoons	balsamic vinegar
3	tablespoons	sugar
1	teaspoon	salt
1/2	teaspoon	pepper
		Flavor packet from ramen noodles

Toast the nuts & seeds in a warm oven for 6-8 minutes, watching carefully to prevent over-toasting. Cool.

Combine veggies. Break up noodles and add to veggies. Shortly before serving, add nuts & seeds & dressing, and toss well (don't dress too far ahead, because you want the nuts, seeds & noodles to stay crunchy).

Red and White Salad

		--- First Layer: -----
1/4	cup	cold water
1	tablespoon	gelatin
4	cups	cranberry sauce -- 2 cans
1	cup	crushed pineapple
1/2	cup	black walnuts -- chopped
		--- Second Layer: -----
2	cups	cooked chicken -- cubed
1	cup	celery -- finely chopped
1/4	cup	fresh parsley -- chopped
1/4	cup	cold water
1	tablespoon	gelatin
1	cup	mayonnaise
1/2	cup	evaporated milk
1/2	teaspoon	salt
1/8	teaspoon	black pepper -- or white

Cranberry layer:

1. Put into a small bowl the 1/4 cup cold water and sprinkle in 1 envelope gelatin. Let soften for 5 minutes.

2. Blend in large bowl 4 cups whole cranberry sauce (two 16-ounce cans), drained crushed pineapple and the walnuts.

3. Dissolve gelatin thoroughly by placing bowl in very hot water. When gelatin is dissolved, stir it and then blend into the cranberry mixture. Put mixture into a mold. You will need a 3-quart mold that has been lightly oiled for this recipe. Do not use olive oil. Chill mixture until slightly set.

Chicken layer:

4. Repeat for gelatin as in first layer. Blend together the mayonnaise, evaporated milk, salt and pepper. Stir in the dissolved gelatin. Fold in the chicken, celery and parsley.

5. When first layer is slightly set (the consistency of unbeaten egg whites) turn the chicken mixture onto the cranberry layer.

6. Refrigerate until firm. Unmold onto chilled serving platter, decorated with curly lettuce if you prefer. Serve with additional mayonnaise.

Red Cabbage and Apple Salad

1	head	red cabbage
2		carrots -- peel, grate
2		celery ribs -- peel, dice
2		Granny Smith apples -- core, dice
6	tablespoons	peanut oil
6	tablespoons	cider vinegar
2	tablespoons	sugar
2	teaspoons	caraway seed
		salt -- to taste
		black pepper -- to taste

1. Core cabbage and cut in half from top downward through stem end. Shred or slice in very thin slices. Place the cabbage in a large bowl and toss with grated carrot, diced celery and apple.

2. In another bowl, mix oil, vinegar, sugar and caraway seeds. Season liberally with salt and pepper.

3. Toss cabbage mixture and dressing then serve immediately or refrigerate (covered tightly) up to 24 hours.

Red Cabbage Salad

5	Each	Bacon; Slices
1	Teaspoon	Sugar
2	Tablespoons	Vinegar
1/4	Cup	Wine; Red or White
1/2	Each	Red Cabbage -- shredded
2	Tablespoons	Vegetable Oil
1/2	Teaspoon	Salt
1/4	Teaspoon	Pepper
1	Tablespoon	Caraway Seeds

Fry bacon in medium-size fry pan until crisp. Remove and reserve bacon. Add sugar, vinegar, and wine to bacon fat; stir and cook until sugar is dissolved. Pour this hot mixture over the cabbage. Toss with vegetable oil, salt, pepper, and caraway seeds. Sprinkle crumbled bacon over mixture. Serve at room temperature.

Red Kidney Bean Salad

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Salads Side Dish

Amount	Measure	Ingredient -- Preparation Method
2	cups	kidney beans, canned
4	tablespoons	red wine vinegar
3	tablespoons	olive oil
1/4	teaspoon	Oregano
1/4	teaspoon	Salt
2	dashes	Pepper
4	tablespoons	Celery -- diced
2	tablespoons	Onion -- chopped

Drain kidney beans, combine beans with a mixture of wine vinegar, olive oil, oregano, salt and pepper. Blend in celery and onion.

Chill in refrigerator, serve in crisp lettuce cups.

Red-beet Salad

2	Each	Red Beets; Bunches
		----------MARINADE----------
2	Tablespoons	Water
1/4	Cup	Vinegar
2	Tablespoons	Caraway Seeds
1	Teaspoon	Sugar
2	Tablespoons	Onion; Minced
1	Teaspoon	Horseradish
1/4	Teaspoon	Cloves; Ground
1/2	Teaspoon	Salt
1/4	Teaspoon	Pepper
5	Tablespoons	Vegetable Oil

Wash beets, trim off greens, place in medium saucepan, and cook, without peeling, in salted water to cover, until beets are tender. Peel and slice. Prepare marinade dressing by combining remaining ingredients. Pour over beets and let stand for several hours before serving. Stir beets occasionally.

Rice Salad Mold

1	cup	long-grain rice
		salt
		black pepper
1/4	cup	olive oil
2	teaspoons	Dijon mustard
2	cups	mixed vegetables -- cooked
1/2		green bell pepper -- finely diced
1		cucumber -- peeled and diced

1. Place rice, salt and pepper in small heavy pan with tight fitting lid. Add 2 cups water; bring to a boil, cover, then simmer for 20 minutes without lifting lid.

2. Put cooked rice in mixing bowl, add oil, vinegar and mustard. Toss with a fork to mix well.

3. Gently fold in cooked vegetables. You will need 2 cups total so use your choice of green peas, carrots, corn, green beans, etc. Add the diced green pepper and cucumber.

4. Lightly oil a decorative mold; do not use olive oil for this. Pack rice mixture into mold and refrigerate until thoroughly chilled. Unmold just before serving.

Rich and Charles Salad

1	head	romaine lettuce, washed/torn -- bite-size pieces
1	head	iceberg lettuce, washed/torn -- bite-size pieces
1	jar	artichokes -- (10 oz) drained/cut
1	jar	heart of palm -- (10 oz) drained
1	jar	diced pimento -- (4 oz)
1	large	red onion -- cut into rings
3/4	cup	grated Parmesan cheese
1/2	cup	olive oil
1/3	cup	vinegar

Combine 1st 6 ingredients in large bowl. Sprinkle with Parmesan cheese. Mix olive oil and vinegar in small bowl and pour over salad, tossing to coat. Serve immediately.

Rich and Charles Salad

1	head	romaine lettuce, washed/torn -- bite-size pieces
1	head	iceberg lettuce, washed/torn -- bite-size pieces
1	jar	artichokes -- (10 oz) drained/cut
1	jar	heart of palm -- (10 oz) drained
1	jar	diced pimento -- (4 oz)
1	large	red onion -- cut into rings
3/4	cup	grated Parmesan cheese
1/2	cup	olive oil
1/3	cup	vinegar

Combine 1st 6 ingredients in large bowl. Sprinkle with Parmesan cheese. Mix olive oil and vinegar in small bowl and pour over salad, tossing to coat. Serve immediately.

RIO GRANDE QUINOA SALAD

3	tablespoons	Lemon juice
3	tablespoons	Olive oil
3	tablespoons	Cilantro -- minced
		Sea salt
		Freshly ground black pepper
1	cup	Fresh or frozen corn
1/2	cup	Quinoa -- rinsed well
1/2	teaspoon	Cumin seeds -- toasted
1	cup	Cooked black beans
1	medium	Tomato -- diced
3	tablespoons	Red onion -- minced

Whisk together lemon juice, olive oil, cilantro, and salt and pepper to taste; set aside.

In a small saucepan, bring 1-1/2 cups water to a boil and add corn. Reduce heat and let corn simmer until tender. Drain corn, reserving 1 cup of cooking liquid.

Bring cooking liquid to a boil and add quinoa and cumin. Cover, reducing heat, and let simmer until liquid is absorbed (about 10 minutes). Remove pan from heat and leave undisturbed for 5 minutes. Fluff quinoa with a fork and allow to cool slightly.

In a bowl, combine cooled quinoa, corn, black beans, tomato and onion. Pour dressing over and toss gently to mix. Refrigerate salad until ready to serve.

ROASTED PEPPER AND BLACK BEAN SALAD

1 1/4	cups	Dry black beans or
3	cups	Black beans -- cooked
2		Red bell peppers
2		Yellow bell peppers
		-----DRESSING-----
2	tablespoons	Fresh lemon juice
1	tablespoon	Red wine vinegar
1/2	teaspoon	Ground cumin
1	teaspoon	Sugar
1	large	Garlic clove -- minced
1/3	cup	Olive oil
		Salt and pepper -- to taste
1/3	cup	Fresh basil -- chopped
4		Scallions -- chopped (garnish)

Half the bell peppers lengthwise, removing seeds and stems.

If using dry beans, rinse well, drain, and add water to cover by 3". Let soak overnight. Drain and rinse soaked beans, discarding water. Add fresh water to cover by 3". Bring to boil, then loosely cover pot and simmer for about one hour, until tender but not mushy; season to taste with salt.

Preheat oven to 450 F. Place cut peppers on broiling pan, 3" from heat. Turn frequently until skins are blackened. Cool. Remove skins, and cut into 1" squares. Combine in serving bowl with beans.

Combine dressing ingredients thoroughly; toss with beans and peppers. Garnish with scallions.

Roasted Red Pepper and Chive Dressing

1	each	Sweet red pepper -- medium-size
1/2	cup	Prepared roasted red peppers
1/3	cup	Red wine vinegar
1	each	Garlic clove -- medium minced
1	cup	Olive oil
1/3	cup	Finely chopped fresh chives
		Salt
		White pepper -- freshly ground

Hold red pepper over a flame, turning it until evenly charred. Or cut it in half, rub with oil, and place under the broiler until blackened. Wrap in a plastic bag and set aside to cool. Scrape off the burned skin and remove seeds and stem. In bowl of blender or food processor fitted with a steel blade, place red pepper, vinegar, and garlic. Process until pepper is pureed.

With machine running, slowly drizzle in olive oil until fully combined. Stir in chives and season with salt and pepper to taste.

Rohkostsalat-Cabbage Fruit Salad With Sour-cream Dressing

2	cups	Cabbage; Raw -- Shredded
1	tablespoon	Lemon Juice
1/4	cup	Pineapple Juice
1/4	teaspoon	Salt
1/2	cup	Sour Cream
1	each	Apple; Med., Diced -- Unpeeled
1/2	cup	Raisins
1 1/2	teaspoons	Lemon Juice
1	tablespoon	Sugar

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

Rohkostsalat-Cabbage Fruit Salad With Sour-cream Dressing

2	cups	Cabbage; Raw -- Shredded
1	tablespoon	Lemon Juice
1/4	cup	Pineapple Juice
1/4	teaspoon	Salt
1/2	cup	Sour Cream
1	each	Apple; Med., Diced -- Unpeeled
1/2	cup	Raisins
1 1/2	teaspoons	Lemon Juice
1	tablespoon	Sugar

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

Roquefort, Pear and Watercress Salad

2	tbsp	strong brewed tea -- pref.Earl Grey
1	tbsp	white-wine vinegar or Champagne vinegar
1	tbsp	walnut oil
1	tbsp	minced shallots
1	tsp	Dijon mustard
		salt and freshly ground black pepper
3	cups	washed, dried and torn red leaf lettuce
3	cups	washed & dried watercress lettuce
1		ripe pear, pref. red -- cored/thinly sliced
1	oz	Roquefort cheese -- crumbled
1	tbsp	chopped toasted walnuts

In small bowl, whisk together tea, vinegar, oil, shallots, mustard, salt and pepper. (can be prepared 2 days ahead, and stored in fridge.) In large bowl,toss lettuce and watercress together with the dressing. Divide among 4 salad plates, decoratively arranging pear slices over lettuce mixture. Sprinkle cheese and walnuts on top and garnish with a grinding of black pepper.

Rote Rubensalat (Red-beet Salad)

2	each	Red Beets -- Bunches
		-----MARINADE-----
2	tablespoons	-- Water
1/4	cup	Vinegar
2	tablespoons	Caraway Seeds
1	teaspoon	Sugar
2	tablespoons	Onion -- Minced
1	teaspoon	Horseradish
1/4	teaspoon	Cloves -- Ground
1/2	teaspoon	Salt
1/4	teaspoon	Pepper
5	tablespoons	Vegetable Oil

Wash beets, trim off greens, place in medium saucepan, and cook, without peeling, in salted water to cover, until beets are tender. Peel and slice. Prepare marinade dressing by combining remaining ingredients. Pour over beets and let stand for several hours before serving. Stir beets occasionally.

Rotkrautsalat (Red Cabbage Salad)

5	each	Bacon -- Slices
1	teaspoon	Sugar
2	tablespoons	Vinegar
1/4	cup	Wine -- Red or White
1/2	each	Red Cabbage; Head -- Shredded
2	tablespoons	Vegetable Oil
1/2	teaspoon	Salt
1/4	teaspoon	Pepper
1	tablespoon	Caraway Seeds

Fry bacon in medium-size fry pan until crisp. Remove and reserve bacon. Add sugar, vinegar, and wine to bacon fat; stir and cook until sugar is dissolved.

Pour this hot mixture over the cabbage. Toss with vegetable oil, salt, pepper, and caraway seeds.

Sprinkle crumbled bacon over mixture. Serve at room temperature.

S&W CHICKEN FAJITA SALAD

4		Boneless -- skinless Chicken breast halves
1	can	(15-oz.) S&W Pinqutos or Black beans -- undrained
1	can	(14-1/2 oz.) S&W Ready Cut Tomatoes -- drained well
4	cups	Shredded salad greens
1/2	cup	Diced bell pepper
1/4	cup	Each chopped green onion Red onion -- cilantro
		S&W Mesquite Cooking Sauce & Marinade
		S&W Vintage Lites Red Wine Vinegar Dressing
		Garnish (optional): Guacamole & sour cream

Brush chicken with Mesquite Cooking Sauce. Broil or BBQ 3-5 min. per side or until done, basting with more Cooking Sauce; slice into thin strips.

Combine remaining ingredients with chicken strips and toss with 1 tablespoon Cooking Sauce & 2 tablespoons Vintage lites dressing. Garnish with guacamole and sour cream, if desired.

Sadie's Shrimp Salad

2	pounds	Macaroni -- cooked
4	pounds	Shrimp -- boiled and peeled
24	each	Eggs, hard boiled -- chopped
2	cups	Onion -- finely chopped
1	cup	Celery -- finely chopped
2	cups	Black olives -- finely chopped
2	cups	Dill pickles -- chopped

See Sadie's Shrimp Salad Dressing (below) for directions

Sadie's Shrimp Salad Dressing

1	quart	Mayonnaise
1/2	cup	Olive oil
2	tablespoons	Louisiana hot sauce
2	tablespoons	Lemon juice
1	tablespoon	Lea & Perrins Worcestershire
1	tablespoon	Mustard
2	tablespoons	Ketchup

Cook macaroni, drain, and cool. In a large bowl, mix macaroni, shrimp, eggs, onions, celery, olives, and pickles and toss well. Make dressing out of mayonnaise, olive oil, hot sauce, lemon juice Worcestershire sauce, and mustard, and ketchup. Pour over other ingredients and mix well. Refrigerate 1 hour before serving. You may have to make more dressing if the salad takes it up.

Salad Dionne Warwick

1	pound	Ziti
1	pound	Broccoli
1	teaspoon	Dijon mustard
1/2	teaspoon	Salt
1/4	teaspoon	Fresh ground black pepper
2	tablespoons	Red wine vinegar
1/3	cup	Olive oil
1/4	cup	Parmesan cheese -- fresh gratd
2	medium	Tomaotes -- garnish

In a large pot of boiling salted water, cook the ziti according to package directions. Drain and rinse under cold water. Drain again and set aside. Bring a large pot of slated water to boiling. Separate the broccoli into small flowerets, discarding the stems. Add the broccoli to the pot, bring back to a boil and cook rapidly for 2-3 minutes. Drain and refresh under cold running water. Drain again and spread out on paper towles to dry. In large bowl, stir the mustard, salt, pepper and vinegar until everything is dissolved.

Slowly add the oil, whisking until smooth. Add the pasta, broccoli, and cheese, but do not toss. Cover and refrigerate. Just before serving, gently toss until the all are coated with the sauce. Core the tomatoes; cut into wedges and use to garnish the salad.

Salad from the Orient

1	pound	pork tenderloin
		--- Marinade: -----
2	tablespoons	brown sugar
1 1/2	tablespoons	soy sauce, low sodium
2	tablespoons	sherry
1	tablespoon	Hoisin sauce
		--- Dressing: -----
2	tablespoons	oil -- *see note
2	tablespoons	sugar
2	tablespoons	soy sauce
1	teaspoon	ginger root -- grated
1	dash	Tabasco sauce -- optional
		---Salad: -----
6	ounces	vermicelli
1	cup	carrots -- julienned
1	cup	pea pods
4		green onions
1	tablespoon	sesame seeds

* Use olive oil or a mixture of olive and peanut oil.

1. Cut the pork into very thin slices, suitable for stir-frying. Mix brown sugar, 1-1/2 teaspoons soy sauce, sherry (optional) and Hoisin sauce. Pour over the pork strips in heavy plastic bag. Tie bag and put mixture into refrigerator to marinate up to 1 hour, turning bag occasionally.

2. To prepare the dressing, combine oil, sugar, 2 tablespoons soy sauce, ginger root and Tabasco or other hot sauce. Blend and put into refrigerator to chill.

3. Cook vermicelli to desired doneness. Add the pea pods and carrots during last 2 minutes of cooking. Drain and immediately rinse with cold water. Put into large bowl. Pour the dressing over vermicelli mixture, add the green onions (slice into thin rounds, tops included). Set aside while preparing pork.

4. Remove the pork from refrigerator and put into a wok or large heavy skillet. Include some of the marinade. Stir pork strips until browned and cooked through, about 5-7 minutes. Drain and add to the salad mixture. Mix the salad well. Cover and refrigerate 1 hour to allow the flavors to blend. If desired, sprinkle with toasted sesame seeds just before serving.

SALAD OF CHICKEN & MELON

3		Chicken breasts; whole -- boneless
1		Cantaloupe
1/2	pound	Black grapes
1/2	pound	Asparagus
1	cup	Chicken broth
1/2	cup	Dry white wine
1		Garlic clove -- crushed
3	tablespoons	Capers
3	tablespoons	Parmesan cheese -- coarsely grated
		-----DRESSING-----
1/4	cup	Lemon juice
1/4	cup	Oil
1/4	cup	Dry white wine
1		Garlic clove -- crushed

Cut cantaloupe into chunks. Halve and seed grapes. Trim asparagus, boil, steam or microwave until just tender. Cut asparagus into 2 inch lengths. Combine broth, wine and garlic in a pan, add chicken; bring to a boil, reduce heat and simmer for 5 minutes on each side, or until tender. Drain chicken, cool, and shred finely. Combine chicken, melon, grapes, asparagus and capers with dressing. Serve with parmesan cheese. Dressing: Combine all ingredients in a jar, shake well.

SALAD WITH ZESTY VINAIGRETTE DRESSING

3/4	cup	Vegetable oil
1/4	cup	White wine vinegar
1	teaspoon	Salt
1	teaspoon	Dry mustard
1/2	teaspoon	Sugar
1/2	teaspoon	Garlic powder
3		To 4 drops hot pepper sauce

"The dressing really gives the lettuce and vegetables nice zip." -

Salad greens Bell peppers, mushrooms, tomatoes, and/or other vegetables of your choice In a jar with a tight-fitting lid, combine the first seven ingredients and shake well. Toss salad greens and vegetables in a large bowl or arrange on individual salad plates. Serve with dressing.

Salad-in-a-Boat

2/3	cup	Water
5	tablespoons	Butter or margarine
1/4	teaspoon	Salt
2/3	cup	All-purpose flour
3	each	Eggs
3/4	cup	Shredded Swiss cheese
1 1/2	cups	Small spinach leaves
8	each	Cherry tomatoes
		-----EGG-VEGETABLE SALAD-----
1/2	cup	Mayonnaise
1	teaspoon	Dijon mustard
1/4	teaspoon	Ground cumin
1	cup	Raw cauliflower -- sliced
1/4	pound	Raw mushrooms -- thinly sliced
1	cup	Frozen peas (thawed)
1	cup	Celery -- thinly sliced
2	each	Green onions & tops -- sliced
6	each	Hard-cooked eggs

In a 2-quart pan, bring water, butter, and salt to a boil. When butter melts, remove pan from heat and add flour all at once. Beat until well blended.

Return pan to medium heat and stir rapidly for 1 minute or until a ball forms in middle of pan and a film forms on bottom of pan. Remove pan from heat and beat in eggs, one at a time, until mixture is smooth and glossy. Add cheese and beat until well mixed.

Spoon into a greased 9-inch round pan with removable bottom or spring-release sides. Spread evenly over bottom and up sides of pan. Bake crust in a 400 degree oven for 40 minutes or until puffed and brown; turn off oven. With a wooden pick, prick crust in 10 to 12 places; leave in closed oven for about 10 minutes to dry. Remove pan from oven and cool completely. Remove crust from pan. Prepare egg-vegetable salad. In a bowl, stir all ingredients except eggs together as listed. Coarsely chop the 6 hard-cooked eggs; gently fold into vegetable mixture.

Line bottom and sides of boat with spinach leaves.
Cut each tomato in half. Pile egg salad over spinach and garnish with cherry tomatoes. Cut boat in thick wedges.

Salatmarinade

1	teaspoon	Sugar
1	teaspoon	Paprika
1/2	teaspoon	Salt
1/2	teaspoon	Dry mustard
1/2	teaspoon	Celery seed -- crushed
1/4	teaspoon	Pepper
1/2	cup	Tarragon vinegar
3/4	cup	Olive oil

Stir all of the ingredients together except the oil.
Gradually add the oil, stirring constantly. Or, you can shake all the ingredients in a bottle until well blended. Makes about 1 1/4 cups.

Salatmarinade

1	teaspoon	Sugar
1	teaspoon	Paprika
1/2	teaspoon	Salt
1/2	teaspoon	Dry mustard
1/2	teaspoon	Celery seed -- crushed
1/4	teaspoon	Pepper
1/2	cup	Tarragon vinegar
3/4	cup	Olive oil

Stir all of the ingredients together except the oil.
Gradually add the oil, stirring constantly. Or, you can shake all the ingredients in a bottle until well blended. Makes about 1 1/4 cups.

Salatsauce #1

18	each	Peppercorns -- black
1/4	teaspoon	Dry mustard
1	teaspoon	Salt
3	tablespoons	Olive oil
1 1/2	tablespoons	Tarragon vinegar
		Lettuce leaves

In a wooden salad bowl crush the peppercorns into a coarse powder. Add the salt and mustard. Stir in the oil and vinegar. Put the lettuce on top of the mixture and chill in the refrigerator. At serving time, stir until all the leaves are coated. Gourmet's Old Vienna Cookbook

Salatsauce #1

18	each	Peppercorns -- black
1/4	teaspoon	Dry mustard
1	teaspoon	Salt
3	tablespoons	Olive oil
1 1/2	tablespoons	Tarragon vinegar
		Lettuce leaves

In a wooden salad bowl crush the peppercorns into a coarse powder. Add the salt and mustard. Stir in the oil and vinegar. Put the lettuce on top of the mixture and chill in the refrigerator. At serving time, stir until all the leaves are coated. Gourmet's Old Vienna Cookbook

Salatsauce #2

1 1/2	teaspoons	Salt
1 1/2	teaspoons	Prepared mustard
1/4	teaspoon	Pepper -- black
1	each	Garlic clove -- large/crushed
1/4	cup	Tarragon vinegar
3/4	cup	Olive oil

Mix the first 4 ingredients together and add the garlic, vinegar and salt. Stir until the salt is dissolved. Gradually add the oil, stirring constantly. Or, shake all the ingredients in a bottle until well blended.

Salatsauce #2

1 1/2	teaspoons	Salt
1 1/2	teaspoons	Prepared mustard
1/4	teaspoon	Pepper -- black
1	each	Garlic clove -- large/crushed
1/4	cup	Tarragon vinegar
3/4	cup	Olive oil

Mix the first 4 ingredients together and add the garlic, vinegar and salt. Stir until the salt is dissolved. Gradually add the oil, stirring constantly. Or, shake all the ingredients in a bottle until well blended.

SALSA AND THREE BEAN SALAD

		-----DRESSING-----
1	cup	Thick and chunck salsa
1/3	cup	Fresh lime juice -- about 2 limes
1/3	cup	Vegetable oil
1	teaspoon	Chili powder
		-----SALAD-----
1	can	Light OR dark kidney beans -- drained (15.5oz can)
1	can	Black beans (15 ounce can) -- drained and rinsed
1	can	Garbanzo beans (15 oz can) -- drained
1	cup	Chopped red bell pepper
1/4	cup	Sliced green onions
1		Medium carrot -- thinly sliced

In small bowl, combine all dressing ingredients; blend well.
In large bowl, combine all salad ingredients. Pour dressing over salad; toss to coat. Cover; refrigerate several hours to blend flavors.

SAN ANTONIO CHICKEN SALAD

2	large	Whole chicken breasts -- split, boned and ski
1/2	cup	Pace Picante Sauce
1/2	teaspoon	Ground cumin
1/4	teaspoon	Salt
1/4	cup	Dairy sour cream
2	tablespoons	Mayonnaise
1		Ripe avacado
1	cup	Sliced celery
		Bibb or leaf lettuce leaves
4		Crisply cooked bacon slices -- crumbled

Cut chicken into 1/2" cubes. Combine Pace Picante sauce, cumin and salt in 10" slikket. Cook chicken in Pace Picante Sauce mixture, stirring frequently, until cooked through - about 4 minutes. Transfer contents of skillet to mixing bowl; cover and chill thoroughly. To serve, combine chicken mixture, sour cream and mayonnaise; mix well. Peel, seed and coarsely chop avacado. Add avacado and celery to chicken mixture; mix lightly. Spoon onto lettuce-lined salad plates; sprinkle with bacon. Serve with additional Pace Picante Sauce.

SAN ANTONIO SPINACH SALAD

4	cups	Packed torn spinach leaves
1		Can (15 oz) black beans Rinsed and drained
1		Red bell pepper into stirps
1/2	cup	Thin sliced red onion -- rings
1	cup	Sliced mushrooms
1/4	cup	Canadian bacon -- strips
1/2	cup	Pace Picante Sauce
1/4	cup	Bottled Italian dressing
1/4	teaspoon	Ground cumin
		Hard-cooked eggs -- cut into Wedges or sliced (optional)

Combine vegetables, beans and bacon in large bowl. Combine Pace Picante Sauce, dressing and cumin in small bowl; mix well. Pour Pace Picante Sauce mixture over vegetables; toss lightly to coat with dressing. Chill. Toss again and garnish with eggs, if desired. Serve with additional Pace Picante Sauce. Makes about 7 1/2 cups of salad.

Sauerkraut Salad With Yogurt Dressing

1	pound	Sauerkraut -- (1 lb can)
1/2	pound	Blue grapes
6	ounces	Ham -- cooked
		----------dressing----------
1/2	cup	Yogurt
1/4	teaspoon	Salt
1/4	teaspoon	Pepper -- white
1	teaspoon	Honey

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture. Marinate for 10 minutes; adjust seasoning before serving, if necessary.

Sauerkraut Salad With Yogurt Dressing

1	pound	Sauerkraut -- (1 lb can)
1/2	pound	Blue grapes
6	ounces	Ham -- cooked
		----------dressing----------
1/2	cup	Yogurt
1/4	teaspoon	Salt
1/4	teaspoon	Pepper -- white
1	teaspoon	Honey

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture. Marinate for 10 minutes; adjust seasoning before serving, if necessary.

Savory Ratatouille

6		tomatoes
1/4	cup	olive oil
1	medium	onion flakes -- sliced
2		garlic cloves -- minced
1	tablespoon	fresh parsley -- chopped
1		eggplant -- 1-inch slices
2		zucchini -- sliced
1		red bell pepper
3	tablespoons	wine vinegar
2	tablespoons	fresh parsley -- chopped
		black pepper

* Instead of parsley for garnish, use basil or oregano (fresh) if you prefer. Prepare vegetables before beginning recipe.

Slice onion, cut garlic into slivers or mince, chop parsley, cut eggplant into 1-inch rounds, cut zucchini into 1/4-inch rounds, seed and chop red pepper.

Blanch tomatoes by placing in boiling water for 10 seconds. Drain, and when cool enough to handle, peel, seed and chop. Reserve juice from tomatoes.

1. Heat oil in a deep, heavy saucepan. Add onion, garlic and 1 tablespoon parsley. Saute about 3 minutes or until onion is soft. Add eggplant, zucchini and red sweet pepper and mix well.
2. Cover pan and simmer over low heat until the vegetables are tender; about 30-35 minutes. Add tomatoes with the juice, stir well, cover again and simmer 10 minute more.
3. Remove from heat and let stand, covered, for 10 minutes.
4. Add wine vinegar and black pepper to taste. Stir well.

Place into serving dish and garnish with fresh parsley, basil or oregano. Serve warm or at room temperature.

Savoy Coleslaw

1/2	pound	bacon
1	head	savoy cabbage
1		carrot -- peeled, grated
1		red bell pepper -- roasted
1		celery stalk -- diced
3	tablespoons	sugar
4	tablespoons	cider vinegar
3	tablespoons	sour cream
		salt -- to taste
		black pepper -- to taste

1. Prepare vegetables.
   a. Cabbage: Trim off outer leaves and remove the stem. Cut into half from top to bottom (through the stem end) and cut each half into paper-thin slices.
   b. Celery: Peel and dice finely.
   c. Red pepper: roast, remove seeds and stem then dice.
   d. Carrot: Peel and grate.
2. Cook bacon until crisp. Drain well and reserve the grease. Set aside to cool.
3. Place the cabbage in a large bowl and toss with the carrot, bell pepper and celery. Crumble the bacon slices and add to the mixture. Set aside.
4. Dressing: Combine 1/4 cup of the bacon fat, sugar, vinegar and sour cream. Season with pepper and salt. Use a wire whisk to mix until smooth.
5. Toss dressing with cabbage mixture. Serve immediately or refrigerate up to 24 hours. Let stand 30 minutes before serving if it has been refrigerated.

Schnittbohnensalat (Green-Bean Salad)

1	pound	Green Beans -- Fresh *
		-- Boiling Salted Water
1/4	cup	Stock -- **
3	tablespoons	Vinegar
3	tablespoons	Vegetable Oil
2	each	Onions; Med. -- Thinly Sliced
1/2	teaspoon	Dried Dillseed
1	teaspoon	Sugar

* Green beans should be sliced lengthwise (French Cut). ** Stock is the water that the green beans were cooked in. (Not regular

Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest.
Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.

SESAME CHICKEN SALAD

3	cups	Cooked rice
2	cups	Cooked chicken breast -- - (slivered)
1/4	pound	Fresh snow peas -- trimmed cut into julienne strips
1	medium	Cucumber; peeled, seeded -- - and cut into 1-1/2 x 1/4-inch strips
1	medium	Red pepper -- cut into 1-1/2 x 1/4-inch strips
1/2	cup	Sliced green onion -- - (including tops)
2	tablespoons	Sesame seeds (optional) -- - toasted
		-----SESAME DRESSING-----
1/4	cup	Chicken broth
1	tablespoon	Peanut oil
3	tablespoons	Rice or white wine vinegar
3	tablespoons	Soy sauce
1	teaspoon	Sesame oil

Salad: Combine all ingredients; stir well. Serve at room temperature or slightly chilled.

Sesame Dressing: Combine all ingredients in jar; cover tightly and shake vigorously. Makes about 3/4 cup.

SHREDDED CHICKEN SALAD WITH CILANTRO

3	pounds	Whole chicken breasts
		Salt
1/4	cup	Light vegetable oil
2	cups	Chopped Vidalia onions
3/4	cup	Walnuts -- lightly toasted
1/4	cup	Finely chopped scallions
3/4	cup	Finely chopped cilantro
1 1/3	cups	Homemade mayonnaise
		You may use commercial mayo
		Fresh ground black peppe

Place the chicken breasts in a saucepan with enough water to cover. Bring to a boil, add 1/2 teaspoon salt, reduce the heat, and simmer until the chicken is cooked through, about 15 minutes. Drain the chicken and allow to cool.

Remove and discard the skin. Remove the chicken from the bones and tear the meat into shreds. Place in a salad bowl and set aside.
Heat the oil in a medium-size skillet over medium-high heat. Saute the onions, stirring, until deep golden brown, about 20 minutes. Drain the onions and add them to the chicken. Cool to room temperature.
Add the walnuts, scallions, and cilantro to the chicken. Toss with the mayonnaise and season with salt and pepper. Serve the salad at room temperature.

SICILIAN PASTA SALAD PICCATA

2	cups	Rotini macaroni -- uncooked
1	pound	Chicken breasts -- boneless skinned
1/2	cup	Dry white wine
1/2	cup	Water
1/3	cup	Olive oil or vegetable oil
2	tablespoons	White wine vinegar
2	tablespoons	Lemon juice
2		Cloves garlic -- minced
1/2	teaspoon	Salt
1/4	teaspoon	Coarsely ground black pepper
1 1/2	cups	Thinly sliced sweet red -- pepper, cut in 2-inc
1/2	cup	Chopped fresh parsley
1/2	cup	Sliced green onion
2	tablespoons	Capers

Cook pasta according to package directions; drain. Rinse with cold water to cool quickly; drain well. In a small saucepan, place chicken breasts; cover with wine and water. Simmer, uncovered, about 20 minutes or until done; discard liquid. Set chicken aside to cool. Cut chicken into strips.

In a small bowl, whisk together oil, vinegar, lemon juice, garlic, salt and pepper. In a large bowl, combine pasta, chicken and oil mixture. Add red pepper, parsley, onion and capers; mix thoroughly. Cover; refrigerate.

Simple Iranian Salad

1		cucumber -- peeled and chopped
1	medium	tomato -- chopped
1	small	onion -- chopped
1	tablespoon	parsley -- minced
1	tablespoon	olive oil
		juice of one lime
		salt and pepper to taste

Mix together. Chill before serving.

Simple Iranian Salad

1		cucumber -- peeled and chopped
1	medium	tomato -- chopped
1	small	onion -- chopped
1	tablespoon	parsley -- minced
1	tablespoon	olive oil
		juice of one lime
		salt and pepper to taste

Mix together. Chill before serving.

SIMPLE VINAIGRETTE

3	tablespoons	Red wine or tarragon vinegar
1	tablespoon	Dijon mustard
		Salt and pepper -- to taste
12	tablespoons	Safflower or Canola oil -- =OR=-
9	tablespoons	-Safflower or Canola AND
3	tablespoons	-Olive oil)

MIX THE VINEGAR WITH THE MUSTARD, salt and pepper. Add the oil gradually, mixing vigorously by hand or electric blender.

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MIX THE VINEGAR WITH THE MUSTARD, salt and pepper. Add the oil gradually, mixing vigorously by hand or electric blender.

SIRLOIN CITRUS SALAD

1	pound	Top sirloin steak -- 1" thick boneless
1	tablespoon	Olive oil
4	cups	Romaine -- torn in bite-size pieces
2		Oranges; peeled -- separated into segments
1/4	cup	Walnuts -- toasted
		Strawberries; optional -- sliced
		-----CITRUS VINAIGRETTE-----
2	tablespoons	Orange juice
2	tablespoons	Red wine vinegar
2	teaspoons	Honey
1 1/4	teaspoons	Dijon mustard

Preparation time: 24 minutes Prepare the Citrus Vinaigrette by thoroughly combining all ingredients.

Makes about 1/3 cup.

Prepare the salad: Cut the beef into 1/8" strips; cut each strip in half. Heat oil in a large nonstick skillet over medium high heat. Stir fry beef (1/2 at a time) 1 to 2 minutes. Remove with a slotted spoon; season with salt, if desired. Toss lettuce, beef and oranges in a large bowl. Sprinkle with walnuts and drizzle with the Citrus Vinaigrette. Garnish with strawberries, if desired. Serve immediately. Serving suggestions: Sesame bread sticks.

Sliced Cucumbers in Yogurt

		Cucumbers
1/2	teaspoon	Salt
1/4	cup	Low-fat plain yogurt
1/2	teaspoon	Sugar
1/2	teaspoon	Lemon juice
1/8	teaspoon	Celery seeds
1/8	teaspoon	Ground cumin
1/8	teaspoon	Pepper

Pare and thinly slice cucumbers. Place in small bowl.
Sprinkle with salt; stir. Let stand 10 minutes. Stir together yogurt, sugar, lemon juice, celery seeds, cumin and pepper in small bowl to mix well. Transfer cucumbers to colander; rinse with cold water. Squeeze with hands to extract as much liquid as possible.
Return to bowl. Stir in yogurt mixture. Refrigerate covered until serving. Makes 4 servings.

SOUPER SALAD

46	ounces	Tomato juice -- canned
1	small	Red onion -- finely chopped
10	milliliters	Garlic -- minced
1/4	cup	-- water
1/2	cup	Corn kernels -- fresh or frozen
15	ounces	Black beans -- rinsed & drained
		Cucumber -- seeded and finely
		Red bell pepper -- seeded & chopped
		Green bell pepper -- seeded & chopped
		Zucchini -- finely chopped
		Celery stalk -- finely chopped
		Scallions -- finely chopped
4	ounces	Diced green chilies -- canned
1	cup	Jicama -- finely chopped
1/4	cup	Fresh cilantro -- or parsley
2	tablespoons	Red wine vinegar
2	tablespoons	Lime juice

x Hot pepper sauce; to taste 1 ts Prepared horseradish; x Pepper; black to taste 16 x Melba rounds; for garnish

Sour Cream Dressing

2	each	Eggs -- hard boiled
1/2	pint	Sour cream
2	each	Spring onions
3	tablespoons	Vinegar (4?... to taste)
1/2	teaspoon	Dry mustard
1/2	teaspoon	Salt
1	tablespoon	Sugar
		Red pepper or paprika

Mash egg yolk, add salt and mustard, sugar and paprika or red pepper. Add sour cream and enough vinegar to make it thick and soupy. Chop and add egg whites and chopped spring onions. Especially good over Spring leaf lettuce.

Sour Cream Dressing

2	each	Eggs -- hard boiled
1/2	pint	Sour cream
2	each	Spring onions
3	tablespoons	Vinegar (4?... to taste)
1/2	teaspoon	Dry mustard
1/2	teaspoon	Salt
1	tablespoon	Sugar
		Red pepper or paprika

Mash egg yolk, add salt and mustard, sugar and paprika or red pepper. Add sour cream and enough vinegar to make it thick and soupy. Chop and add egg whites and chopped spring onions. Especially good over Spring leaf lettuce.

SOUR CREAM POTATO SALAD

10		Medium red potatoes -- cooked jackets
1/3	cup	Clear -- bottled Italian
1 1/2	cups	Sliced celery
1	cup	Sliced green onions
4		Hard boiled eggs
1/2	cup	Sour cream
1	cup	Mayonnaise
1 1/2	teaspoons	Horseradish sauce
1	teaspoon	Yellow mustard
1 1/4	teaspoons	Celery seed
1/3	cup	Diced cucumber
		Salt & pepper to taste

While potatoes are warm, pour on the dressing. Chill 2 hours. Add celery and onion. Add the egg whites, chopped. Sieve egg yolks, combine with mayonnaise, sour cream, horseradish, mustard, and celery seed.

Chill 2 hours and add diced cucumber.

Southwest Chicken, Bean and Rice Salad

1	pint	water
1 1/4	cups	chicken broth
1 1/2	cups	long-grain rice
6		chicken breasts -- boned, skinned
1 1/2	tablespoons	olive oil
2	teaspoons	ground cumin
2	15 oz cans	black beans -- rinsed and drained
1		bell pepper -- chopped
1/2		red onion -- chopped
1/4	cup	cilantro -- lightly packed
3	tablespoons	lime juice -- fresh
2	large	garlic cloves

Bring 2 cups of water and 1 cup of chicken broth to boil in a heavy medium sauce pan. Add rice. Season with salt and pepper; reduce heat to low. Cover and simmer until rice is tender and liquid is absorbed, about 20 minutes. Tranfer rice to large bowl and cool.

Preheat broiler. Place chicken on heavy broilerproof pan. Brush chicken with 1/2 tbs of olive oil. Season with salt and pepper sprinkle with 1 tsp. cumin. Broil chicken until cooked through, about 10 minutes. Cool and cut into 1 inch pieces.

Add chicken, black beans, corn, bell pepper, red onion and cilantro to rice in boil. Combine remaining 1/4 cup chicken broth, remaining tablespoon olive oil, remaining teaspoon cumin, lime juice and garlic in blender. Process until garlic is finely minced. Season to taste with salt and pepper. Pour dressing over salad in bowl and toss well.

Southwestern Three-Bean Salad

15	Ounces	Black Beans, Canned -- rinsed and drained
15	Ounces	Pinto Beans, Canned -- rinsed and drained
15	Ounces	Chickpeas, Canned -- rinsed and drained
3		Chipotle Pepper In Adobo Sauce -- finely chopped
3	Tbsp	Cider Vinegar
2	Tbsp	Canola Oil
1/4	C	Cilantro -- chopped
		Salt and pepper to taste
1/2	head	Iceberg Lettuce -- shredded
1/2		Vidalia Onion -- thinly sliced

In a large bowl, combine black beans, pinto beans or black-eyed peas, chickpeas, chipotles, vinegar, oil and cilantro. Toss until well mixed. Season with salt and pepper. Arrange lettuce on a serving platter, mound the bean mixture over top and garnish with sliced onions. Serves 6 as a side dish.

Spaghetti Salad

1 1/2	pounds	thin spaghetti
1		onion -- chopped
1		cucumber -- chopped
1		green or red bell pepper -- chopped
2	medium	tomatoes -- chopped
1	12 oz. bottl	Italian salad dressing or Fat Free -- (Wish Bone)
1	jar	Salad seasoning -- (McCormicik's)
1	pkg	Italian salad dressing mix, dry -- (Good Seasons)

Cook, drain and rinse spaghetti. Chop all vegetables quite fine. Mix together bottled salad dressing, salad seasonings and dry salad dressing mix. Shake to mix well. Pour over spaghetti. Let chill overnight in refrigerator.

Spaghetti Salad

1 1/2	pounds	thin spaghetti
1		onion -- chopped
1		cucumber -- chopped
1		green or red bell pepper -- chopped
2	medium	tomatoes -- chopped
1	12 oz. bottl	Italian salad dressing or Fat Free -- (Wish Bone)
1	jar	Salad seasoning -- (McCormicik's)
1	pkg	Italian salad dressing mix, dry -- (Good Seasons)

Cook, drain and rinse spaghetti. Chop all vegetables quite fine. Mix together bottled salad dressing, salad seasonings and dry salad dressing mix. Shake to mix well. Pour over spaghetti. Let chill overnight in refrigerator.

Spaghetti Squash and Avocado Salad

1	medium	spaghetti squash
6		mushrooms -- sliced
1/2		red bell pepper -- julienned
1/2		green bell pepper -- julienned
4	ounces	sliced black olives -- drained
2		avocados -- seed,peel,slice
		-----Avocado Oil Vinaigrette-----
3/4	cup	avocado oil -- or light vegetable o
1/4	cup	white wine vinegar
3	cloves	garlic -- crushed
1	teaspoon	oregano
1	teaspoon	basil
1	teaspoon	rosemary
1	teaspoon	dry mustard
1	teaspoon	Worcestershire sauce
		Salt and pepper to taste

Prepare Avocado Oil Vinaigrette at least 24 hours before serving time. Shake all ingredients together in tightly covered container. Let Vinaigrette stand at least 24 hours.

Halve squash lengthwise, scoop out seeds. Place halves cut side down in large saucepan; add water to a depth of two inches; cover and bring to a boil. Reduce heat; simmer squash 20 minutes. Drain off water; cool squash and shred into strands. Mix squash, mushrooms, peppers, olives and avocados in serving bowl. Pour Vinaigrette over, toss gently and serve.

Sparkling Salad

1	package	lime gelatin powder
1	cup	water
7	ounces	lemon-lime soda
1	cup	applesauce
		--- Garnish: ---
		grapes -- frosted, * see note
		mint sprigs

* To make frosted grapes for decorations: Beat an egg white until frothy. Dip the grapes into egg white then immediately roll in sugar, preferably superfine, and then lay on waxed paper until dry. Use tinted sugar for more color variety.

SALAD:

1. Place lime-flavored gelatin into bowl; add 1 cup very hot water and stir until gelatin is completely dissolved. Blend in a 7-ounce bottle of lemon-lime carbonated soft drink. Chill this mixture until consistency of unbeaten egg whites.
2. Lightly oil a decorative 1-quart mold with vegetable oil; do not use olive oil. Invert mold to drain off any excess oil.
3. When gelatin is somewhat thickened, add 1 cup thick applesauce. Blend quickly. Pour mixture into mold and chill until firm.
4. Unmold onto serving plate and surround mold with frosted grapes and sprigs of mint.

SPICY BLACK BEAN & LENTIL SALAD

2	cups	Cooked black beans
2	cups	Cooked red lentils
1	teaspoon	Dry mustard
3	tablespoons	Minced garlic
1	tablespoon	Fresh parsley -- minced
1/2	cup	Rice vinegar
		Juice from 1 lemon
1	teaspoon	Salt
3	tablespoons	Olive oil
1	teaspoon	Crushed red peppers
1	small	Butterhead lettuce -- torn
2	large	Red bell peppers -- sliced
2	large	Red potatoes, cooked -- sliced
1/2	cup	Grated carrots

Put legumes in separate bowls. Whisk together mustard, garlic, parsley, vinegar, lemon juice, salt, oil & red pepper. Divide mixture evenly between legumes. Marinate covered in the fridge for 1 hour.

Line salad plates with lettuce, top with peppers. Arrange small piles of potatoes, carrots & legumes on each plate. Drizzle marinade over the meal.

SPICY CORN AND BLACK BEAN SALAD

			******SALAD******
2		cans	Mexicorn -- (corn and red and peppers), 11oz -- drained
15		ounces	Black beans; drained -- rinsed
4	1/2	ounces	Sliced Mushrooms -- drained
	1/2	cup	Green Onions -- sliced
	1/2	cup	Cucumbers; peeled -- slice
2		tablespoons	Fresh Jalapeno Pepper -- finely chopped
			******DRESSING******
	1/3	cup	Oil
	1/4	cup	Rice Wine Vinegar or White -- Vinegar
	1/4	cup	Orange Juice
1		teaspoon	Garlic -- minced
	1/2	teaspoon	Salt
			*****BEFORE SERVING*****
	1/4	cup	Fresh Cilantro -- chopped
1		tablespoon	Orange Peel -- grated
2		teaspoons	Cumin seed (or 1 ts)
			Lettuce Leaves

In large bowl, combine all salad ingredients; blend well. In small bowl using wire whisk, blend oil, vinegar, orange juice, garlic and salt. Pour over salad; toss gently. Cover; refrigerate 1 to 2 hours to blend flavors.

Just before serving, drain salad. Stir in cilantro, orange peel and cumin seed. Serve in lettuce-lined bowl or on lettuce-lined plates. Store in refrigerator.

Spinach and Apple Salad w/ Bacon Dressing

10	ounces	fresh spinach -- torn in bite sized pieces
4		bacon slices
1	tablespoon	vegetable oil
1	small	onion -- diced
2	tablespoons	cider vinegar
1	teaspoon	brown mustard
1/2	teaspoon	sugar
1/4	teaspoon	salt
1/8	teaspoon	pepper
1		apple -- cored and thinly sliced

Place spinach in large bowl. Cook bacon in large skillet over medium high heat until crisp. Remove to paper toweling to drain. Discard all but 3 Tablespoons drippings from skillet. Add oil to drippings in skillet and heat. Add onion; cook until tender, about 3 minutes. Stir in vinegar, mustard, sugar, salt and pepper. Bring to boiling. Remove from heat. Add apple to spinach. Pour hot dressing over spinach and apple; toss well to coat. Crumble bacon and sprinkle over salad. Serve immediately.

Spinach and Grapefruit Salad

2	tsp	poppy seeds
1/2		red onion -- thinly sliced
3		grapefruit -- pink or red
6	cloves	garlic -- peeled
2	tbsp	white wine vinegar
2	tbsp	olive oil -- extra-virgin
1	tbsp	coarse-grain mustard -- pref. Pommery
1/2	tsp	honey
		salt and freshly ground pepper
3/4	lb	fresh spinach, washed and torn -- (16 cups)
1/2	small	jicama, peeled & cut -- in matchsticks

Heat a small skillet over medium heat. Add poppy seeds and toast, stirring constantly, until aromatic, 1-2 minutes; set aside
Place onion slices in small bowl; add cold water to cover and soak for 10 minutes. Drain.

Meanwhile, with a sharp knife, remove skin and white pith from grapefruit and discard. Working over a small bowl to catch the juice, cut the grapefruit segments from their surrounding membranes; reserve the segments in a small bowl. Measure 1/3 cup of the juice and set aside.

Bring garlic cloves in a small saucepan and add water to cover. Bring to a simmer over medium heat; cook until tender, about 3 minutes. Drain. In a blender, combine vinegar, oil, mustard, honey, cooked garlic and reserved grapefruit juice. Blend until creamy. Season with salt and pepper.

In a salad bowl, combine spinach, jicama, and reserved onions and grapefruit sections. Drizzle with the dressing and toss. Arrange on salad plates and garnish with the toasted poppy seeds.

Spinach And Mandarin Oranges

12	Oz	Fresh Spinach -- wash, remove thick -- stems
1/2	C	Scallions -- thin sliced
11	Oz	Mandarin Oranges -- drained
1/2	C	Slivered Almonds -- toasted, *
		Honey-Mustard Vinaigrette:
1	Tsp	Dry Mustard
		Salt -- to taste
1/8	tsp	Black Pepper
1	tbsp	Honey
2	tbsp	Cider Vinegar
1/2	C	Vegetable Oil

Fresh greenery is dotted with vivid orange segments and toasted almonds before being coated with a honey-mustard dressing.

1. Heap the spinach leaves in a large bowl.
2. Adorn the greenery with the scallions, fruit, and nuts.
3. In a small bowl, whisk together the dressing ingredients.
4. Pour the vinaigrette over the salad, toss well, and serve.

How to toast nuts:

Spread nuts out on a cookie sheet and bake in a 350o oven for 5 to 10 minutes until golden. Different sizes and types of nuts toast at varying times; the smaller the nut, the faster it browns, so you have to keep a watchful eye on the oven.

Spinach and Mushroom Salad

10	ounces	fresh spinach -- washed & chopped
10	whole	fresh mushrooms -- sliced
4		hard-boiled eggs -- chopped
6	slices	bacon -- cooked & crumbled
1	cup	olive oil
1/4	cup	sour cream
1/4	cup	red wine vinegar
1/2	teaspoon	dry mustard
1	tablespoon	sugar
1/2	tablespoon	salt
1/4	teaspoon	black pepper

Toss spinach, mushrooms, chopped egg, and crumbled bacon. Whisk remaining ingredients together. Toss with vegetables to coat spinach.

Spinach and Mushroom Salad

10	ounces	fresh spinach -- washed & chopped
10	whole	fresh mushrooms -- sliced
4		hard-boiled eggs -- chopped
6	slices	bacon -- cooked & crumbled
1	cup	olive oil
1/4	cup	sour cream
1/4	cup	red wine vinegar
1/2	teaspoon	dry mustard
1	tablespoon	sugar
1/2	tablespoon	salt
1/4	teaspoon	black pepper

Toss spinach, mushrooms, chopped egg, and crumbled bacon. Whisk remaining ingredients together. Toss with vegetables to coat spinach.

Spinach Salad

2	pounds	Fresh spinach
2	each	Hard boiled eggs
1/4	cup	Chopped pitted black olives
1/2	each	Red onion sliced
1/2	cup	Crumble feta cheese

Add vinegar and oil dressing

Spinach Salad

2	pounds	Fresh spinach
2	each	Hard boiled eggs
1/4	cup	Chopped pitted black olives
1/2	each	Red onion sliced
1/2	cup	Crumble feta cheese

Add vinegar and oil dressing

Spinach Salad Parmesan

5	cups	Fresh spinach leaves -- washed well & trimme
		Bermuda onion -- thinly sliced
1	pint	Cherry tomatoes
4	ounces	Fresh mushrooms -- sliced
1/2	cup	Radishes -- thinly sliced
1	tablespoon	Grated Parmesan cheese

Toss together all ingredients. Serve with your favorite no- or low-fat dressing. Makes about 6 cups.

Spinach Salad Parmesan

5	cups	Fresh spinach leaves -- washed well & trimme
		Bermuda onion -- thinly sliced
1	pint	Cherry tomatoes
4	ounces	Fresh mushrooms -- sliced
1/2	cup	Radishes -- thinly sliced
1	tablespoon	Grated Parmesan cheese

Toss together all ingredients. Serve with your favorite no- or low-fat dressing. Makes about 6 cups.

Spinach Salad with Pears and Cranberries

1	tsp	finely shredded orange peel
1/2	cup	orange juice
1/2	cup	seasoned rice vinegar
1/3	cup	dried cranberries
2		firm-ripe pears -- (3/4 lb. total)
3/4	cup	thinly sliced red onion -- rinsed
1	lb	baby spinach leaves, rinsed, crisped -- in bite-sized pieces

Combine orange peel, orange juice, seasoned rice vinegar, and dried cranberries. Core and thinly slice pears; add pears and onion to dressing.

Just before serving, pour over spinach; gently mix.

Spinach Salad with Pears and Cranberries

1	tsp	finely shredded orange peel
1/2	cup	orange juice
1/2	cup	seasoned rice vinegar
1/3	cup	dried cranberries
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3/4	cup	thinly sliced red onion -- rinsed
1	lb	baby spinach leaves, rinsed, crisped -- in bite-sized pieces

Combine orange peel, orange juice, seasoned rice vinegar, and dried cranberries. Core and thinly slice pears; add pears and onion to dressing.

Just before serving, pour over spinach; gently mix.

Spring Salad

1/2	pound	Snow peas
1/2	pound	Mixed green and yellow beans
6	each	New red skinned potatoes
1/2	pound	Carrots
1	cup	Frozen sweet corn
1	cup	Fresh or frozen peas
2	each	Tomatoes
4	each	Hard cooked eggs
		----------dressing----------
3	each	Large egg yolks
1	teaspoon	Dijon mustard
1	each	Salt
1	each	Pepper
1 1/2	cups	Saflower oil
1	tablespoon	Lemon juice
1	each	Shallots -- finely chopped
1	teaspoon	Honey
1	tablespoon	Finely chopped fresh mint
1	tablespoon	Finely chopped fresh parsley

Top and tail beans. Cook in lightly salted boiling water for 3 to 5 minutes or until tender crisp. Drain and refresh under cold running water. Add potatoes to boiling salted water, Cook gently for 15 minutes or until tender. Drain. Place peeled corrots in a saucepan with enough cold water to cover. Salt lightly, bring to a boil, then reduce heat and simmer until tender. Drain. Add corn and peas to small amounts of lightly salted boiling water cook for 3 to 5 minutes. Drain. Place beans, corn and peas on tea towel to drain while preparing dressing. Peel and seed tomatoes and cut into small dice. DRESSING: Whisk together egg yolks, Dijon mustard, salt and freshly ground pepper. When mixture begins to thicken, add 2 tablespoons of oil drop by drop, beating well. Thin with a 1/2 teaspoon lemon juice. Add remaining oil in a slow, steady stream. As mayonnaise thickens, thin by adding up to 2 tablespoons of lemon juice. Stop adding oil when mayonnaise is desired thickness) Stir in shallots, honey, mint add parsley. Adjust seasoning. Arrange vegetables on one large plater or individual plates, and garnish with egg wedges. Thin mayonnaise with boiling water and lightly coat salad.

Springtime Chicken Salad

3	ounces	cream cheese
3/4	cup	heavy cream
1/4	cup	orange juice
1 1/2	teaspoons	curry powder
		salt and pepper -- to taste
2	tablespoons	chutney
2	cups	cooked chicken -- cubed
		flaked coconut
		mandarin oranges

Place first 6 ingredients in blender and blend until smooth. Toss with cooked cubed chicken, flaked coconut, and 1 to 2 cans (drained) Mandarin oranges. Chill. Serve on a bed of lettuce, sprinkle with slivered almonds and paprika. This salad tastes wonderful served in a melon.

Springtime Chicken Salad

3	ounces	cream cheese
3/4	cup	heavy cream
1/4	cup	orange juice
1 1/2	teaspoons	curry powder
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		mandarin oranges

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SPRINGTIME CHICKEN SALAD

		Chicken breast halves
1	pound	Fresh asparagus
		Head iceberg lettuce
		Lemon slices for garnish
		-----LEMON-HERB DRESSING-----
1/2	cup	Lemon juice
2	tablespoons	Lemon juice
		Sm clove garlic -- pressed
1	teaspoon	Oregano
1	teaspoon	Basil
1	teaspoon	Salt
1/4	teaspoon	Pepper
1/4	cup	Slivered toasted almonds

VARIATION: 1lb of boneless chicken breasts can be poached with 1/4 c lemon juice and water or broth to cover in a 9-in skillet. Place over med heat. Bring to a boil slowly. Reduce heat. Simmer for 1 min. Remove from heat. Cover. Let stand 20 mins. Remove chicken, pat dry and shred. PREPARATION: Place chicken in a saucepan. Cover with water. Simmer for 20 min. until done. Remove. Cool. Wash asparagus. Snap off stalks at the point of tenderness. Partially fill a large skillet with water. Bring to boil. Add asparagus. Cover and heat until water comes back to a boil. Uncover. Boil slowly for 4-5 mins until spears bend a little when lifted. Drain. Cool. With a knife, shred half of the lettuce. Place in a large salad bowl. combine the dressing ingredients. Shake until blended. Drizzle half of the dressing over the lettuce. Shred the chicken. Slice the asparagus into 2-in diagonal pieces. Combine with the lettuce. Drizzle with remaining dressing. Garnish with lemon slices. Serve, sprinkled with almonds, if desired.

Stir-Fried Beef Salad

1	pound	Beef round steak -- boneless
2	tablespoons	Oil -- cooking
		Garlic clove -- minced
8	ounces	Mushrooms, fresh -- sliced
		Cucumber -- chopped
		Green pepper -- strips
		Onion -- sliced *
1	teaspoon	Italian seasoning
1	teaspoon	Salt -- seasoned
1/8	teaspoon	Pepper, red -- ground
		Tomato -- large **
8	ounces	Spinach leaves -- fresh

* Separated into rings ** cut into wedges

Partially freeze beef; slice thinly across the grain into bite-size strips. In wok or large skillet cook half the beef in hot oil till browned on all sides. Remove from pan. Repeat with remaining beef and garlic; remove from pan. Add mushrooms, cucumber, green pepper strips, onions rings, Italian seasoning, salt, and red pepper to wok.

Stir-fry 3 minutes or till vegetables are crisp-tender. Return beef to wok; add tomato. Cook 1 to 2 minutes or till heated through. Remove meat-vegetable mixture to serving bowl; keep warm. Add spinach leaves to wok; cover and cook for 1 minute or till slightly wilted. To serve, arrange spinach on four bowls or plates; spoon meat mixture atop.

Strawberry Jello Salad

1	package	Strawberry Jello
2	cups	Boiling water
3	each	Bananas -- mashed
1	can	(lg) crushed pineapple
30	ounces	Frozen strawberries -- undrain
1	package	Sour cream -- large

Mix Jello and 2 cups boiling water and let cool. Add mashed bananas, pineapple, and undrained frozen strawberries. Put half the mixture into 13" X 9" X 2" pan and chill 30-45 minutes. Spread sour cream on top. Add remaining fruit & Jello mixture, chill, and cut into squares.

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1	package	Strawberry Jello
2	cups	Boiling water
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30	ounces	Frozen strawberries -- undrain
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Summertime Rice Salad

2	cups	cooked rice
		--- Vinaigrette -----
2	tablespoons	fresh lemon juice
1		red bell pepper -- finely diced
3		scallions -- chopped
1		carrot -- chopped
3	tablespoons	fresh parsley -- * chopped (see note)
1		cucumber -- peeled and diced
1		tomato -- peeled and chopped
1		celery stalks -- peeled and diced

* Substitute dill or basil for the parsley if preferred.

1. Put rice in a serving bowl and pour 2 tablespoons lemon juice and 4 tablespoons Vinaigrette over. Add freshly ground black pepper to taste. Toss well with fork.
2. Prepare all the remaining ingredients, except tomatoes and cucumbers, and blend. Mix well and let cool.
3. Add onions and cucumbers just before serving to maintain best texture and taste for those two vegetables.

Sunshine Orange, Onion and Avocado Salad

1	head	Romaine lettuce -- chopped
2	cups	arugula
3		navel oranges
1		Vidalia onion
		fresh parsley -- chopped
		--- Dressing: -----
4	tablespoons	olive oil
1 1/2	tablespoons	red wine vinegar
1	tablespoon	fresh orange juice
		black pepper
1		avocados -- sliced

For salad base, wash, dry and tear into bite-sized pieces the romaine and arugula or watercress. Place a portion on each of 4 serving plates and place in refrigerator while preparing dressing.

Peel the oranges and remove as much of the white pith as possible. Slice into thin slices, then into half. Place orange slices into bowl. Slice onions very thin then place in bowl with oranges.

Add the parsley and gently toss to combine. Slice the avocado but do not toss with onions and oranges.

Arrange the oranges, onions and sliced avocado on plates in a decorative design.

DRESSING: In small bowl, combine the olive oil, vinegar, orange juice and black pepper to taste. Whisk well. Pour dressing over salad and serve immediately.

SWEET & SOUR PASTA SALAD

1	package	EDEN Kamut Spirals
15	ounces	Can EDEN Kidney Beans -- - drained
15	ounces	Can EDEN Black Beans -- - drained
1		Red pepper -- diced
2	bn	Green onions -- diced
3	tablespoons	Dried basil
		-----DRESSING-----
1/3	cup	EDEN Brown Rice Vinegar OR EDEN Red Wine Vinegar
1/3	cup	EDEN Extra Virgin Olive Oil
1/4	cup	EDEN Barley Malt Syrup
1/3	cup	EDEN Shoyu

Cook Spirals as package directs. Rinse and drain. Add drained beans, diced red pepper, green onions and basil. Prepare dressing. Mix into salad and serve.

SWEET POTATO SALAD

1	pound	Sweet potatoes -- baked
1/2	cup	Green peas -- cold cooked
1/2	cup	Crushed unsweetened pineapple
3	tablespoons	Parsley -- chopped fresh
1/3	cup	Favorite dressing
8	each	Lettuce leaves -- (optional)

Peel and slice sweet potatoes and place in a small bowl. Add remaining ingredients; toss lightly. If desired, serve on lettuce leaves.

SWEET POTATO SALAD

1	pound	Sweet potatoes -- baked
1/2	cup	Green peas -- cold cooked
1/2	cup	Crushed unsweetened pineapple
3	tablespoons	Parsley -- chopped fresh
1/3	cup	Favorite dressing
8	each	Lettuce leaves -- (optional)

Peel and slice sweet potatoes and place in a small bowl. Add remaining ingredients; toss lightly. If desired, serve on lettuce leaves.

Sweet Yogurt Dressing

1	cup	Plain, nonfat yogurt
1/4	cup	Raisins -- (golden are nice)
1/4	cup	Chopped nuts; (walnuts -- pecans, or other)
1 1/2	tablespoons	Honey

Mix all ingredients, and chill overnight. Serve cold.
Makes about 1.5 cups. Author's Note: Fresh chopped fruit becomes a special salad or a light dessert with this dressing.

Sweet Yogurt Dressing

1	cup	Plain, nonfat yogurt
1/4	cup	Raisins -- (golden are nice)
1/4	cup	Chopped nuts; (walnuts -- pecans, or other)
1 1/2	tablespoons	Honey

Mix all ingredients, and chill overnight. Serve cold.
Makes about 1.5 cups. Author's Note: Fresh chopped fruit becomes a special salad or a light dessert with this dressing.

Syrian Salad

1	head	romaine lettuce
1		cucumber -- thinly sliced
5		radishes -- thinly sliced
1		red bell pepper -- seeded and sliced
1		green bell pepper -- seeded and sliced
2	large	tomatoes -- cut into wedges
2		scallions -- chopped
1	small	red onion -- sliced
3	ounces	feta cheese -- sliced or crumbled
1/2	cup	fresh parsley -- stem, coarsley chopped
		several black olives
2	tablespoons	capers -- optional
		-----Dressing-----
1/4	cup	olive oil
		juice of one lemon
1	tablespoon	wine vinegar
1		garlic clove -- pressed
		salt to taste
		fresh-ground black pepper to taste
		pinch of dried mint

Rinse the roamaine, tear it into bite-sized pieces, and put in salad bowl. Arrange other vegetables attractively over the romaine,topping with the feta, parsley, olives and capers. Combine the dressing ingredients and drizzle over the salad.

SZECHUAN PASTA CHICKEN SALAD

1	pound	Thin noodles
3/4	cup	Soy sauce
1/4	cup	Peanut oil
2	cups	Mayonnaise
1	tablespoon	Dijon mustard
1/4	cup	Oriental-style sesame oil
2		Whole boneless -- skinless Chicken breasts
6		Green onions -- thinly sliced
2		Carrots -- peeled & coarsely Chopped
1		Red sweet pepper -- chopped
1		(8-oz.) can sliced bamboo Shoots -- drained
1		(6-oz.) jar mini corn on the Cob -- drained and thinly Sliced
1/2	cup	Chopped -- fresh cilantro
1/2	pound	Fresh snow peas, trimmed Cut into julienne -- blanched Then cooled in cold water Drained
		Lightly toasted sesame seeds
		Szechuan chili oil

Poach and cool chicken breasts. Cut into bite-sized pieces and reserve.

Cook noodles. Drain and toss into a large bowl with 1/2 cup soy sauce, then peanut oil. Cool to room temperature, occassionally stirring the noodles to coat thoroughly.

Combine mayonnaise with mustard, sesame oil and the remaining 1/4 cup soy sauce and chili oil to taste. Refrigerate until ready to use.

Add chicken, green onions, carrots, sweet pepper, bamboo shoots, mini corn and chopped cilantro to noodles. Mix gently. Add mayonnaise mixture and blend well. Cover and refrigerate until ready to serve, preferable overnight.

Just before serving add julienned snow peas, adding a little extra soy sauce and peanut oil or mayonnaise if noodles seem dry. Garnish with sesame seeds.

Tabbouleh (Bulgur and Herb Salad)

1	cup	bulgur -- fine
1	medium	onion -- finely chopped
1 1/2	cups	parsley -- finely chopped
1/4	cup	fresh mint -- chopped
1/4	cup	olive oil
1/4	cup	lemon juice
		salt
8		romaine lettuce leaves
2	medium	tomatoes -- cut in wedges

Soak bulgur in cold water 20 minutes.

Drain the bulgur and squeeze out as much moisture as possible with your hands. Combine the bulgur, onion (or scallions), parsley and mint in a bowl. Sprinkle with oil, lemon juice and a little salt, and mix thoroughly. Taste and adjust the seasoning. Cover and chill in the refrigerator.

To serve, mound the salad in the center of a plate. Decorate with the lettuce leaves and tomato wedges. The lettuce leaves may be used to scoop up the salad.

Tabbouleh with Raisins

1	cup	bulgur
2/3	cup	scallions -- sliced
1/2	cup	fresh parsley -- lightly packed
2 2/3	tablespoons	fresh lemon juice
3/8	cup	seedless raisins
1 1/3	tablespoons	corn oil
1 1/3	tablespoons	sesame oil
		black pepper -- to taste

1. In a large mixing bowl, pour boiling water over bulgur just enough to cover. Let set for 20 minutes until water is absorbed and bulgur is tender.

2. Drain excess water from bulgur and squeeze out any remaining water, using your hands.

3. Add sliced scallions, chopped parsley and fresh lemon juice to bulgur. Mix well, then add remaining ingredients and blend.

Tabbouli Salad

1	cup	Bulgur wheat -- uncooked
2	cups	Boiling water
1/3	cup	Vegetable oil
1/3	cup	Lemon juice
2	teaspoons	Salt
1	teaspoon	Pepper
1/2	cup	Parsley -- chopped
3	tablespoons	Mint, fresh chopped or
2	teaspoons	Mint -- dry crumbled
6	each	Green onions & tops -- minced
2	each	Tomatoes -- chopped

Pour boiling water over wheat in a bowl. Let stand one hour. Drain well and return to bowl. Add remaining ingredients and blend well. Chill at least two hours. Serve on a bed of lettuce.

Tabbouli Salad

1	cup	Bulgur wheat -- uncooked
2	cups	Boiling water
1/3	cup	Vegetable oil
1/3	cup	Lemon juice
2	teaspoons	Salt
1	teaspoon	Pepper
1/2	cup	Parsley -- chopped
3	tablespoons	Mint, fresh chopped or
2	teaspoons	Mint -- dry crumbled
6	each	Green onions & tops -- minced
2	each	Tomatoes -- chopped

Pour boiling water over wheat in a bowl. Let stand one hour. Drain well and return to bowl. Add remaining ingredients and blend well. Chill at least two hours. Serve on a bed of lettuce.

Tabouli

1	pound	cooked bulgur
1/4	cup	fresh lemon juice
1/2	cup	olive oil
2	cloves	garlic -- finely minced
1/2	cup	fresh mint leaves -- minced
1	cup	fresh parsley -- chopped
1	cup	scallions -- chopped
		salt
		black pepper
2	medium	fresh tomatoes -- chopped
1	small	cucumber -- peeled,seeded,chopped

Prepare bulgur according to package directions. Whisk together olive oil and lemon juice. Add garlic, scallions, mint, and parsley. Season with salt and pepper to taste. Mix dressing with bulgur and chill overnight. Stir in chopped tomatoes and cucumber immediately before serving.

Tangy Coleslaw with Cooked Dressing

1	tablespoon	flour
1	tablespoon	sugar
1	teaspoon	salt
1/2	teaspoon	celery seed
1	dash	pepper -- fresh-ground
1/3	cup	cider vinegar
1/4	cup	water
1	teaspoon	yellow mustard
1	tablespoon	grated onions
3		egg yolks -- beaten
1/4	cup	margarine
1	cup	sour cream
1		cabbage head -- shredded
1/2	cup	shredded carrots
1/4	cup	green peppers -- minced
		jicama

* Jicama is a Mexican vegetable root, the texture of a turnip or potato but with its own unique taste. Peel jicama and cut into strips about 1/2 by 3 inches long to serve with the coleslaw after it is prepared and chilled.

Combine flour, sugar, salt, celery seed and pepper in pan. Stir in vinegar gradually. Add water, mustard and onion. Cook over medium heat, stir constantly. Cook until mixture thickens (don't undercook or it will have a starchy taste).

Stir small amount into beaten egg yolks; stir egg yolk mixture into the hot mixture. Cook, stirring constantly for 1 to 1-1/2 minutes more. Add margarine and stir until thoroughly incorporated. Chill thoroughly.

Fold in sour cream. Combine cabbage, carrots and green peppers (red peppers if you wish). Toss lightly to blend.

TARRAGON CHICKEN SALAD LOAF

2	pounds	Chicken breasts *
1	pound	Asparagus **
1/2	cup	Water
1	cup	Mayonnaise
2	tablespoons	Lemon juice
1 1/2	teaspoons	Tarragon -- dried crushd
1/4	teaspoon	Salt
1/8	teaspoon	Pepper
1		Carrot -- shredded
1		Red pepper -- chopped
3		Green onions -- minced
1	pound	Egg Bread -- oval loaf unslice

* Boned, skinned and split ** Cut diagnally in 1/2 inch pieces

1. In 13 x 9 x 2-inch microwave-safe baking dish, arrange chicken breasts with thicker portions toward outside. Cover with plastic wrap; turn back one corner to vent. Cook on HIGH 10 minutes, turning chicken over after 5 minutes. Let cool in dish.

2. In medium glass bowl, combine asparagus and water. Cover; vent. Cook on HIGH 3 minutes; drain. Rince with cold water; drain. Set aside.

3. In bowl, whisk mayonnaise with lemon juice, tarragon, salt and pepper until blended. Stir in asparagus, carrot, red pepper and onions. Cut chicken into 1-inch pieces. Stir into mayonnaise mixture.

4. With serrated knife, cut off a thin slice from top of bread; remove inside (reserve for other use), leaving a 1/2-inch shell. Spoon salad into bread shell, mounding slightly. If desired, garnish with fresh tarragon. To serve, cut into wedges. Makes 8 to 10 servings.

TEX-MEX PASTA SALAD

4		Tomatoes -- chopped
1		Green pepper -- cubed
1		Yellow pepper -- cubed
1/2		Hot pepper -- chopped
3	tablespoons	Olive oil
3	tablespoons	Red wine vinegar
1		Clove garlic -- minced
2	tablespoons	Chopped parsley
1	tablespoon	Chili powder
2	cups	Cooked pasta
1/2	cup	Jack cheese -- cubed
2	tablespoons	Sunflower seeds

Combine vegetables in large bowl. Combine oil, vinegar, garlic, parsley, chili powder, salt & pepper to taste. Pour over vegetable mixture. Stir in cooked pasta, sprinkle with cheese and sunflower seeds, toss. Chill.

TEX-MEX SALAD

1		Onion -- chopped
4		Tomatoes -- chopped
1		Head lettuce -- chopped
1 1/4	cups	Cheddar cheese -- grated
3/4	cup	Italian dressing
1	pound	Ground meat, beef, turkey -- or chicken
15	ounces	Kidney beans -- drained
1/4	teaspoon	Vegetable seasoning
1		Bag tortilla chips -- crushed
1	large	Avocado -- sliced
7 1/2	ounces	Olives

Toss onion, tomatoes, lettuce and cheese with Italian dressing; set aside. Brown meat; add drained beans and vegetable seasoning; simmer 10 minutes. Mix with cold salad. Toss in crushed tortilla chips and avocado slices. Garnish with olives, if desired.

Tex-Mex Tuna Salad

2	cans	Solid white tuna in water -- drained and flaked
(		
1/2	cup	Sliced ripe olives
1/2	cup	Sliced green onions w/tops
1/2	cup	Thinly sliced celery
2/3	cup	Pace Picante Sauce
1/2	cup	Dairy sour cream
1	teaspoon	Ground cumin
		Lettuce leaves -- OR
		Shredded lettuce
12		Taco shells -- OR
3	cups	Tortilla chips

Combine tuna, olives, green onions and celery in medium bowl. Combine Pace Picante Sauce, sour cream and cumin; mix well. Pour over tuna mixture; toss lightly. To serve, line taco shells with lettuce leaves; spoon tuna mixture into shells. Or, line individual serving plates with shredded lettuce; top with tuna mixture and surround with tortilla chips.

Drizzle with additional Pace Picante Sauce; top with additional sour cream, if desired.

THAI POMELO-AND-CHICKEN SALAD

1		Pomelo -- - OR -
1		-Grapefruit (sweet ruby red)
1		Whole cooked chicken breast -- hand-shredded
1	teaspoon	Chopped red chili -- (or to taste)
1	tablespoon	Fish sauce (nam pla)
1	teaspoon	Sugar
1	small	Lime -- juiced
1		Head of leaf lettuce -- (for garnish)
1	tablespoon	Chopped fresh coriander
2	tablespoons	Crisp Fried Shallot Flakes -- (Instructions follow
1/4	cup	Chopped roasted peanuts
		-----CRISP FRIED SHALLOT FLAKES-----
6		Shallots -- thinly sliced
1	cup	Vegetable oil

Pomelo looks like a thick-skinned, oversized grapefruit, and it is sweeter than the normal grapefruit.

PEEL AND SEPARATE pomelo segments. Remove and discard membranes. Gently flake the flesh. If using grapefruit, drain excess juice. Chill. In large bowl, combine pomelo and shredded chicken. Mix together the chopped red chili with fish sauce, sugar and lime juice; toss with chicken mixture.

Arrange on a bed of lettuce, garnish with coriander leaves, peanuts, and 2 teaspoons of the Crisp Fried Shallot Flakes.

CRISP FRIED SHALLOT FLAKES: Slice shallots into thin slices. Be sure they are all the same thinness to ensure even cooking. Heat a pan with the vegetable oil over medium heat. Add shallots and fry slowly until browned and crisp, about 5 to 10 minutes. The moisture in the shallots should be completely cooked out. Drain on paper towel. Stored in an air-tight container, the shallots will keep several weeks.

THAI YAM YAI SIAMESE PRINCESS SALAD

		-----MEAT INGREDIENTS-----
1/4	pound	Chicken breasts -- boneless
1/4	pound	Pork -- diced lean
1/4	pound	Shrimp, small -- peeled deveined & -- rinsed in cold water
2		Sausages, Chinese -- cooked
		-----SALAD DRESSING-----
4		Limes -- peeled
1	cup	Vinegar -- white
4	tablespoons	Nam Pla (fish sauce)
1	teaspoon	Salt
4	tablespoons	Sugar -- brown
1/2	bn	Cilantro
3		Chilies -- Serrano
3		Garlic -- Thai pickled
1	teaspoon	Oil -- Olive (optional)

In a large pot add all of the meat ingredients and bring it to a boil. Boil for about 20 minutes or until the pork is thoroughly cooked. Drain the water and set the meats aside.

Place all of the salad dressing ingredients into a food processor or blender. Blend until ingredients become liquid. Using your choice of salad greens, place the cooked meats on top of the greens and top with the salad dressing.

The Islands Rice-Fruit Salad

1	cup	glutinous rice
1	package	lemon gelatin powder -- 3.5 ounces
1	cup	crushed pineapple
1	cup	whipped cream
1	cup	confectioner's sugar
1/2	cup	chopped nuts -- * see note
1/2	cup	miniature marshmallows
1	tablespoon	orange marmalade
		strawberries -- for garnish
		mint leaves -- for garnish
		lemon slices -- garnish

* Use your choice of chopped nuts. Walnuts and pecans are good choices.

1. Cook the 1 cup raw rice according to package directions.

2. Mix 2 cups boiling water with gelatin. Lightly grease a large gelatin mold or appropriately sized dish. Pour in the dissolved gelatin and chill until partially set.

3. Add cooked cooled rice, drained pineapple, whipped cream, sugar, walnuts or pecans and marshmallows. Mix well and chill until firm.

4. Turn gelatin onto large serving plate and make a decorative pattern with a few whole strawberries, mint leaves and lemon slices made into a lemon twist shape.

The Ultimate Salad Dressing

1	teaspoon	Dry mustard
1/2	teaspoon	Salt
1/4	teaspoon	Pepper
1/2	teaspoon	Sugar
1	teaspoon	Dried Oregano
2	tablespoons	Parsley
2	tablespoons	Minced onions
1	tablespoon	Minced Garlic cloves
1	tablespoon	Minced Sweet Red peppers
4	teaspoons	Lemon juice
4	teaspoons	White wine vinegar
1/2	cup	Light Oil

In small bowl, whisk together all ingredients except oil. Whisk mixture while slowly drizzling in oil.

Let stand for 30 minutes to blend flavors. Whisk again before using. Dressing can also be made in food processor. (use pulse)

Tomatensalat (Tomato Salad)

5	each	Tomatoes; Med. -- Chopped
1	tablespoon	Sugar
1	teaspoon	Salt
1	teaspoon	Basil -- Dried
1/4	teaspoon	Thyme -- Dried
1/4	teaspoon	Pepper -- Freshly Ground
1/2	cup	Vegetable Oil
6	tablespoons	Vinegar
1	tablespoon	Worcestershire Sauce
1	each	Onion; Large -- Diced

Blend all ingredients together and chill for 1 hour before serving. Serve on lettuce leaves.

Tomatensalat (Tomato Salad)

5	each	Tomatoes; Med. -- Chopped
1	tablespoon	Sugar
1	teaspoon	Salt
1	teaspoon	Basil -- Dried
1/4	teaspoon	Thyme -- Dried
1/4	teaspoon	Pepper -- Freshly Ground
1/2	cup	Vegetable Oil
6	tablespoons	Vinegar
1	tablespoon	Worcestershire Sauce
1	each	Onion; Large -- Diced

Blend all ingredients together and chill for 1 hour before serving. Serve on lettuce leaves.

Tomato Aspic

1	quart	tomato juice -- * see note
1/3	cup	celery leaves -- chopped
1/3	cup	chopped onions
2 1/2	tablespoons	sugar
1	teaspoon	salt
1		bay leaf
1/8	ounce	peppercorns
1/2	cup	cold water
2	packets	gelatin powder -- 1 tbsp each
2 1/2	tablespoons	vinegar
		Worcestershire sauce -- optional

* For spicier aspic use 3 cups tomato juice and 1 cup Spicy V-8 juice. Add Worcestershire sauce for a unique taste, but be careful not to add too much -- try 1/2 teaspoon at first.

1. In a saucepan place the juice, celery leaves, onion, sugar, salt, bay leaf and peppercorns. Heat and simmer, uncovered, for 10 minutes.

2. Place the gelatin into 1/2 cup cold water and let stand to soften, about 5 minutes.

3. Remove juice mixture from heat and strain liquid into large bowl, discarding other ingredients.

4. Immediately add the gelatin mixture into the juice and stir until gelatin is completely dissolved. Add the vinegar and stir to combine.

5. Place the mixture into a mold and chill until firm. You may want to lightly grease the mold for ease in removing. Unmold onto a bed of lettuce and serve immediately.

Tortellini and Artichoke Pasta Salad

10	ounces	tortellini, cheese-filled -- or chicken
4		marinated artichoke hearts
2	tablespoons	red bell pepper -- roasted or pimento,
4	tablespoons	mayonnaise
1	tablespoon	Dijon mustard
1	tablespoon	parmesean cheese -- grated
2	tablespoons	basil -- chopped
2	tablespoons	parsley -- chopped
		salt and pepper

Cook tortellini, rinse and drain well. Toss with 1 tbs. of the marinated artichoke liquid to keep from sticking together. More may be added for flavoring of desired. Drain artichokes. Cut into chunks. Combine remaining ingredients and toss gently in a large bowl to combine. Refrigerate if not served immediately.

Tortellini Pesto Salad

1	cup	parsley sprigs -- lightly packed, stem
1/4	cup	fresh basil
1	clove	garlic
1/3	cup	Parmesan cheese -- grated
1/4	cup	olive oil
8	ounces	broccoli
14	ounces	cheese tortellini
2 1/4	ounces	black olives -- slice, drained
6	ounces	provolone cheese -- cubed
2	medium	tomatoes -- seeded and chopped
1/3	cup	pine nuts -- toasted

For pesto: in food processor bowl or blender container combine parsley, basil and garlic. Cover and process or blend till finely chopped. Add parmesan cheese. Cover and process or blend until combined. With lid ajar, add oil a little at a time, processing or blending after each addition till well combined; set aside. Remove the outer leaves and tough parts of stalks from broccoli. Cut stalks crosswise into 1/4 inch thick slices and break floweretts into smaller pieces; set aside. In a large covered saucepan cook tortellini according to package directions; add broccoli during the last 5 minutes of cooking. Drain. In a large salad bowl combine pesto, broccoli, tortellini and olives. Toss lightly. Cover; chill for 4 hours or overnight. To serve, add provolone cheese, tomatoes, and nuts to tortellini mixture, toss lightly.

Tortellini Salad

2	pounds	tortellini, spinach-filled
1/2	pound	Prosciutto -- thinly sliced
3/4	pound	peas, frozen
1/3	cup	basil, fresh -- washed & torn
1/8	cup	parsley -- fresh, chopped
1/8	cup	Parmesan cheese
		DRESSING
1/2	cup	white wine vinegar
1/2	cup	lemon juice
1	tablespoon	Dijon mustard
3	each	garlic cloves -- peeled & pressed
1	cup	olive oil
1/2	teaspoon	Pepper

Boil pasta until al dente, and rinse with cold water. Trim fat from prosciutto and cut into small squares. Steam peas until just tender and cool rapidly with cold water.

In a small bowl blend all of the dressing ingredients EXCEPT olive oil. Mix well with wire whisk. While still whisking, add olive oil until dressing is well blended.

Combine tortellini, prosciutto, and peas in a large bowl. Add half of the dressing. Toss gently. Add basil and toss until well mixed. Chill. Just before serving moisten with remaining vinagrette and put in serving dish. Sprinkle with parsley and parmesan cheese.

Tropical Chicken Salad

2	cups	Chicken, white meat -- *
		Apples -- peeled and diced
1	cup	Pineapple Chunks
1/3	cup	Chopped almonds
1/2	cup	Shredded Coconut
1/4	cup	White Raisins (opt.)
3	tablespoons	Chopped Chutney
2	teaspoons	Curry Powder
3/4	cup	Mayonnaise

* Cooked and cubed

In a bowl, combine chutney, curry, and mayonnaise.

Combine all other ingredients in a separate bowl. Stir curry, chutney, and mayonaisse mixture into the chicken mixture. Serve on watercress or lettuce leaves, with slices of avocado.

Tropical Chicken Salad

2	cups	Chicken, white meat -- *
		Apples -- peeled and diced
1	cup	Pineapple Chunks
1/3	cup	Chopped almonds
1/2	cup	Shredded Coconut
1/4	cup	White Raisins (opt.)
3	tablespoons	Chopped Chutney
2	teaspoons	Curry Powder
3/4	cup	Mayonnaise

* Cooked and cubed

In a bowl, combine chutney, curry, and mayonnaise.

Combine all other ingredients in a separate bowl. Stir curry, chutney, and mayonaisse mixture into the chicken mixture. Serve on watercress or lettuce leaves, with slices of avocado.

Tropical Compote with Honey Lime Dressing

2		avocados -- seed, peel, cube
2		kiwi fruit -- peel, slice
1		banana -- peel, slice
1		papaya -- peel, slice
1/2	cup	coconut flakes -- sweetened
		-----Honey Lime Dressing-----
3/4	cup	plain yogurt
2	tablespoons	lime juice
1/4	cup	honey
1/4	teaspoon	lime peel -- grated

Prepare Honey Lime Dressing by mixing all those ingredients together. Mix fruit together in serving bowl; pour Honey Lime Dressing over top. Sprinkle with coconut and serve.

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1/4	teaspoon	lime peel -- grated

Prepare Honey Lime Dressing by mixing all those ingredients together. Mix fruit together in serving bowl; pour Honey Lime Dressing over top. Sprinkle with coconut and serve.

Tuna and Avocado Salad

2	each	Large hard-boiled eggs
2	teaspoons	Louisiana hot sauce
1	cup	Avocado -- mashed
1/2	cup	Onion -- chopped
1	each	6 1/2 oz can tuna (in water)
2	tablespoons	Mayonnaise (maybe 3 Tbs)
2	tablespoons	Dill relish
		Fresh lemon juice
		Salt to taste

Peel eggs and mash real well with a regular dinner fork (more or less mince them). Peel avocado and squeeze 1/2 lemon on it to keep from discoloring.

Then mash real well with fork. Mix these two ingredients real well. Drain water from tuna and mix with onions, eggs, avocado, dill pickles or relish, salt, Louisiana hot sauce, and mayonnaise. Serve over lettuce.

Tuna Italiano Insalata

		-----DRESSING-----
3	tablespoons	Red wine vinegar
1	large	Clove garlic -- minced
1	teaspoon	Dried basil
1/2	teaspoon	Salt
1/4	teaspoon	Sugar
		Freshly ground pepper
4	teaspoons	Olive oil
		-----SALAD-----
2	cups	Cooked, drained -- bow tie or Spiral pasta
1/2	cup	Drained, flaked -- water-packd Tuna
2	ounces	Low-fat jack or cheddar Cheese -- diced in 1/4 inch Cubes
1	cup	Halved cherry tomatoes
1/4	cup	Thinly sliced red onion
1/4	cup	Thinly sliced celery
3/4	cup	Steamed broccoli flowerettes
1/2	cup	Sliced, canned or thawed Frozen artichoke hearts
1/4	cup	Chopped parsley
		Belgian endive

1. To make dressing: In small container with tightly fitting lid, combine dressing ingredients.

2. Cover tightly and shake thoroughly to mix.

3. To make salad: In large bowl combine salad ingredients, except endive.

4. Pour dressing over all and toss to mix.

5. Chill at least 1 hour.

6. To serve, arrange salad in serving bowl lined with endive spears.

Tuna Party Salad

2		Envelopes of gelatin
1/2	cup	Cold water
1	cup	Chili sauce
3	tablespoons	Lemon juice
1	cup	Mayonnaise
1	cup	Whipping cream -- whipped
1	cup	Ripe olives -- quartered
1	cup	Celery -- finely diced
2	cans	Tuna -- drained

Soften gelatin. Heat sauce to boiling. Remove from heat and add softened gelatin and stir until dissolved. Add lemon juice. Chill until partly congealed. Fold in mayonnaise, cream, olives, celery and tuna. Pour into a two quart casserole.

Refrigerate until firm.

Tuna Party Salad

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1/2	cup	Cold water
1	cup	Chili sauce
3	tablespoons	Lemon juice
1	cup	Mayonnaise
1	cup	Whipping cream -- whipped
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Soften gelatin. Heat sauce to boiling. Remove from heat and add softened gelatin and stir until dissolved. Add lemon juice. Chill until partly congealed. Fold in mayonnaise, cream, olives, celery and tuna. Pour into a two quart casserole.

Refrigerate until firm.

Tuna Taylor Salad

1		6-1/2 oz can Tuna Drained & flaked
1/2	cup	Swiss cheese -- shredded
1/2	cup	Celery -- chopped
2	tablespoons	Onion -- finely chopped
1/4	cup	Mayonnaise
1/4	cup	Sour cream
		Pepper
16	slices	Rye bread

In a bowl combine the tuna, cheese, celery, onion, mayonnaise, sour cream, and pepper (to taste). Spread on the bread and serve at once. Makes 8 sandwiches.

Tuna Taylor Salad

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1/2	cup	Swiss cheese -- shredded
1/2	cup	Celery -- chopped
2	tablespoons	Onion -- finely chopped
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1/4	cup	Sour cream
		Pepper
16	slices	Rye bread

In a bowl combine the tuna, cheese, celery, onion, mayonnaise, sour cream, and pepper (to taste). Spread on the bread and serve at once. Makes 8 sandwiches.

Tuna-Macaroni Supper Salad

8	ounces	Elbow macaroni
1	cup	Mayonnaise
1/2	cup	Italian-style dressing
1	tablespoon	Prepared mustard
2	cups	Thin -- pared cucumber slice
1 1/2	cups	Diced tomato
1/2	cup	Diced green pepper
1/4	cup	Coarsely chopped green onion
1	teaspoon	Salt
1/8	teaspoon	Pepper
14	ounces	Solid-pack tuna (2 cans) -- drained/broken into
1		Hard-cooked egg -- chopped
		Chopped parsley

Cook macaroni as label directs. Drain; rinse with cold water. In large bowl combine mayonnaise, Italian dressing and mustard; mix well. Add cucumber, tomato, green pepper, green onion, salt, pepper, tuna, and macaroni; toss to mix well. Refrigerate, covered, until well chilled - about 4 hours. Just before serving garnish with hard-cooked egg and parsley.

UPTOWN SUPPER SALAD

1	pound	(3 medium) potatoes -- - cut into 3/4-inch
1	pound	Chicken breasts -- - (boneless and skin cut into 1/3-inch strips
3/4	cup	Red wine vinaigrette -- dressing (prepared) reduced calorie
1 1/2	cups	Halved cherry tomatoes
1/2	cup	Chopped red onion
1	can	Sliced ripe olives -- drained
	(2	1/4 ounce can)
4		Romaine lettuce leaves
1/3	cup	Crumbled blue cheese

In 3-quart saucepan over medium heat cook potatoes, covered, in 2 inches boiling water 5 minutes. Add chicken; bring to boil, reduce heat, cover and cook about 10 minutes until potatoes are tender and juices run clear when chicken is pierced. Drain thoroughly. Add remaining ingredients to potatoes and chicken except lettuce and cheese. Toss gently over low heat just until warm. Line platter with lettuce; spoon mixture onto lettuce. Top with cheese. (Salad also can be served chilled.)

Vermicelli Salad

12	ounces	vermicelli
1/2	cup	sweet pickle juice
6	ounces	French salad dressing
2		garlic cloves -- mashed
1	tablespoon	poppy seeds
1	teaspoon	celery seed
1	teaspoon	caraway seed
1/4	teaspoon	cayenne pepper
1/2	teaspoon	salt
1/2	pound	diced celery
1	bunch	green onions -- chopped
1/4	cup	fresh parsley -- chopped

Break vermicelli into 1" pieces, and cook according to package directions. Mix pickle juice, French dressing, garlic, and seasonings and pour over warm vermicelli. Chill. One hour before serving, add celery, green onions and parsley.

Vidalia Onion and Carrot Salad

3/4	pound	carrots -- grated
1/2	cup	Vidalia onions -- finely chopped
		--- Dressing: -----
1/2	cup	olive oil
1	tablespoon	fresh lemon juice
1	tablespoon	wine vinegar
		black pepper -- to taste
1	tablespoon	fresh mint
1/2	teaspoon	cumin seed

* Use Vidalia onions or other sweet onions such as Walla Walla, Maui, Imperial Sweet or Texas 1015.

1. Grate carrots coarsely; place in serving bowl along with chopped onions.

2. In a small bowl combine olive oil, lemon juice, wine vinegar and black pepper to taste. Mix with wire whisk until blended. Add chopped fresh mint and mix well.

3. Pour dressing over carrots and onions and toss well.

Vidalia Onion, Tomato, and Basil Salad

1		Vidalia onion -- large
2		tomatoes -- large
1/2	pound	mozzarella cheese, part skim milk -- sliced
6	tablespoons	olive oil
2	tablespoons	wine vinegar
1/4	cup	fresh basil leaves -- chopped
		black pepper
1/2	teaspoon	garlic -- finely minced

* Garlic is optional.

Slice the tomatoes and cheese into thick slices. Slice the Vidalia onion into thin slices; chill for best flavor. If Vidalias are not available substitute Walla Walla, Maui Sweet or Texas 1015.

On salad plates, arrange the tomatoes, onion and cheese in overlapping design.

In a large measuring cup combine the oil, vinegar, garlic and black pepper. Use a whisk to blend well. While still stirring, pour over the vegetables. Garnish with chopped basil. Serve immediately.

VINAIGRETTE PASTA SALAD WITH CHICKEN

1	cup	Olive oil
1/4	cup	Fresh Pesto sauce
1/2	teaspoon	Seasoned salt
1	pound	Chicken breasts,skinned -- bone
1	each	Sliced blanched zucchini
1/3	cup	Fresh lemon juice
1	each	Egg yolk
1/2	teaspoon	White pepper
9	ounces	Fresh Angel's Hair pasta
1/2	cup	Pine nuts

In a medium bowl,place oil,lemon juice,pesto sauce,egg yolk,seasoned salt and pepper. Whisk together until well blended. Reserve 1/4 cup mixture. Broil chicken breast halves on both sides until tender. Slice chicken,crosswise,unto 1" wide strips. Toss remaining oil mixture with hot cooked,drained pasta and zucchini. Arrange on a serving platter. Place chicken slices over pasta;sprinkle with pine nuts. Pour reserved oil mixture over salad. Serve immediately or chill.

Warm Bean and Tomato Salad with Basil

1/2	pound	Green Beans -- ends removed
3	tablespoons	Olive Oil
2	each	Large Dry Shallots -- chopped
1	tablespoon	Balsamic or Red Wine Vinegar
1	cup	Chickpeas -- drained 19oz
2	each	Tomatoes, seeded -- chopped
2	tablespoons	Fresh Basil -- chopped
1	tablespoon	Lemon Juice -- fresh
		Salt
		Freshly Ground Black Pepper

* You can use 1 teaspoon of dried basil instead of the fresh stuff.

Remove the ends from the beans and cut into 1 12 inch lengths. Cook in boiling water until just tender, about 5 - 7 minutes. Drain well. Meanwhile heat one tablespoon of oil in a large frypan over medium heat; cook the shallots until softened, about 2 minutes. Add balsamic vinegar and cook until liquid is reduced. Drain chickpeas and stir in chickpeas and green beans; cook until heated through, about 2 minutes.

In a serving bowl, combine the bean mixture with tomatoes, olives and basil. Whisk together the remaining oil with lemon juice and pour over salad; season with salt and pepper to taste. Serve warm or at room temperature. Serves 2 as main course, 4 as side dish.

Warm Goat Cheese Salad

1	head	Boston lettuce
1	head	red leaf lettuce
1 1/2	ounces	goat cheese -- per person
3	tablespoons	pine nuts -- chopped
2	tablespoons	bread crumbs
		olive oil
		-----Dressing-----
2	tablespoons	lemon juice
2	tablespoons	red wine vinegar
3	tablespoons	olive oil
3	tablespoons	vegetable oil

For the dressing, just mix the lemon juice and vinegar and add the oils while whisking. Combine the pinenuts and bread crumbs in a small bowl. Cut the goat cheese into 1.5 oz slices. Coat the slices with olive oil and roll them in the pinenut mixture. Add any extra hazelnut mixture to the dressing. Break the lettuce into bite size pieces and dress. Place the goat cheese slices on a oiled sheet and bake at 350 degrees until they begin melting. Then toast the goat cheese until the tops are brown. Serve in individual dishes with one goat cheese slice per bowl.

Warm Red Cabbage Salad

1	small	red cabbage -- about 18 oz
1		red apple -- crisp
1	clove	garlic -- finely chopped
2	tablespoons	balsamic vinegar
2 1/2	tablespoons	olive oil
1		red onion -- quartered and thinly
4	ounces	goat cheese -- broken into large pi
1	tablespoon	parsley -- chopped
1/2	teaspoon	fresh marjoram -- finely chop,or 1/8 t
		salt, pepper

Quarter and core the cabbage. Cut the wedges into thin pieces, 2 to 3 inches long and set aside. Cut apple lengthwise into sixths, cut out the core, then slice the pieces thinly, crosswise. Put the garlic, vinegar, and oil in a wide saute pan over a medium-high flame. As soon as they are hot, add the onion and saute for 30 seconds. Add the cabbage, and cook for about 2 minutes. Season with salt, freshly ground black pepper, and more vinegar, if necessary. Add the goat cheese, apple, and herbs. Toss briefly and carefully before serving.

Warmer Kartoffelsalat (Hot Potato Salad)

3	each	Potatoes;Med -- Boiled In Skins
3	each	Bacon -- Slices
1/4	cup	Onion -- Chopped
1	tablespoon	Unbleached Flour
2	teaspoons	Sugar
3/4	teaspoon	Salt
1/4	teaspoon	Celery Seeds
1/4	teaspoon	Pepper
3/8	cup	-- Water
2 1/2	tablespoons	Vinegar

Peel potatoes and slice paper thin. Saute bacon slowly in a frypan, then drain on paper towels. Saute onion in bacon fat until golden brown. Blend in flour, sugar, salt, celery seeds, and pepper. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil for 1 minute. Carefully stir in the potatoes and crumbled bacon bits. Remove from heat, cover and let stand until ready to serve.

YAM SOM-O (THAI POMELO-CHICKEN SALAD)

1		Pomelo or ruby red -- grapefruit
1	small	Whole cooked chicken breast
1	cup	Cooked shrimp
1	teaspoon	Chopped red chile
1 1/2	tablespoons	Thai fish sauce
1 1/2	teaspoons	Sugar
		Juice from 1 large lime
1 1/2	tablespoons	Chopped fresh coriander
1	small	Head red leaf lettuce -- for
1/4	cup	Roasted peanuts -- chopped
		Fresh red chile -- julienned
		garnish
		-----CRISPY FRIED SHALLOT FLAKES-----
6		Shallots -- thinly sliced
1	cup	Vegetable oil

Peel and separate pomelo or grapefruit into segments. Remove the membranes. Seed. Gently flake the flesh apart into a bowl. Chill. Hand shred the chicken. Add chicken and shrimp to pomelo.

In a small bowl mix together the chopped red chile with fish sauce, sugar, lime juice and coriander; toss with pomelo chicken mixture.

Arrange the lettuce on a serving platter. Put the fruit mixture over the lettuce. Top with peanuts and 2 tablespoons of Crisp Fried Shallot Flakes, and garnish with red chile slivers.

CRISP FRIED SHALLOT FLAKES: Slice shallots into thin slices. Be sure they are all of the same thinness to ensure even cooking. Heat a pan with the vegetable oil over medium heat. Add shallots and fry slowly until browned and crisp, 5 to 10 minutes. The moisture in the shallots should be completely cooked out. Drain on paper towel. Store in an air-tight container. Will keep several weeks.

Zucchini and Mushroom Salad

1	pound	button mushrooms
8	small	zucchini
1/4	cup	wine vinegar
2	tablespoons	olive oil
1	teaspoon	salt
2	sprigs	fresh tarragon
1/4	cup	water
1/4	cup	dry white wine

Clean the mushrooms. Cut the zucchini into 1 inch lengths. Place all ingredients in a pot. Simmer until the zucchini is just tender. Turn off heat. Place lid on pot and leave for 15 minutes. Place the drained vegetables in a bowl, reserving the cooking liquid. Place this liquid back in the pot and cook until reduced to about 1/3 cup. Discard the tarragon. Pour over the vegetables and lightly chill (don't over-chill or it will kill the flavor). Throw on a little finely chopped parsley before serving.

ZUCCHINI AND TOMATO SALAD

	Zucchini
	Tomatoes
1/4 cup	Italian dressing

Cube zucchini and wedge tomatoes. Add Italian dressing to lightly cover vegetables. For a zestier taste, add Italian seasonings and garlic powder.

ZUCCHINI AND TOMATO SALAD

		Zucchini
		Tomatoes
1/4	cup	Italian dressing

Cube zucchini and wedge tomatoes. Add Italian dressing to lightly cover vegetables. For a zestier taste, add Italian seasonings and garlic powder.

Zucchini Fiesta Salad

1/2	pound	Small zucchini*
1/2	pound	Small crookneck squash*
2	tablespoons	Lemon juice
1/4	cup	Salad oil
1/2	teaspoon	Salt
		Dash of pepper -- ground cumin
1	each	Green onion -- thinly sliced
1/3	cup	Diced green chilies
1/3	cup	Pimento-stuffed olives**
1	package	(3 oz.) cream cheese***
1	each	Small avocado
		Lettuce leaves
		Fresh coriander (cilantro)

* Cut crosswise in 1/4 inch-thick slices. ** Cut in half crosswise. *** Cut in 3/4-inch cubes.

Steam zucchini and crookneck squash over boiling water until crisp-tender (about 3 minutes). Plunge into ice water to cool; drain well. In a large bowl, combine lemon juice, oil, salt pepper, and cumin. Add drained squash and stir lightly; chill for 30 minutes. Add onion, chilies, olives, and cheese.

Peel and pit avocado; cut into small cubes. Add to salad and mix lightly. To serve, arrange lettuce leaves on 4 salad plates. Mound equal portions of salad on each plate. Garnish each salad with a sprig of coriander.

Zucchini Salad

2	medium	zucchini -- shredded
2	teaspoons	salt
1	cup	sour cream
1	tablespoon	fresh lime juice
1	teaspoon	cumin seed
		black pepper
		paprika
2	tablespoons	onion -- grated

In a colander, sprinkle zucchini with salt and allow to stand 15 minutes. Squeeze as much moisture as possible from zucchini. Combine remaining ingredients in ceramic bowl. Stir in zucchini. Chill at least one hour.

Zucchini Salad

2	medium	zucchini -- shredded
2	teaspoons	salt
1	cup	sour cream
1	tablespoon	fresh lime juice
1	teaspoon	cumin seed
		black pepper
		paprika
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